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Notice of Vote

December 11, 2020



TO: Redwood Meadows Sublease Holders

TAKE NOTICE that a General Polling station will be held to conduct a Lease Ratification Vote on December 11, 2020 to determine if the Delegated Sublease Voters wish to ratify the proposed Lease Agreements for the Townsite of Redwood Meadows.

The following question will be asked of the Delegated Sublease Voters by ballot:

Do you approve the proposed Lease Agreements, as defined in the Redwood Meadows Lease Ratification Process?

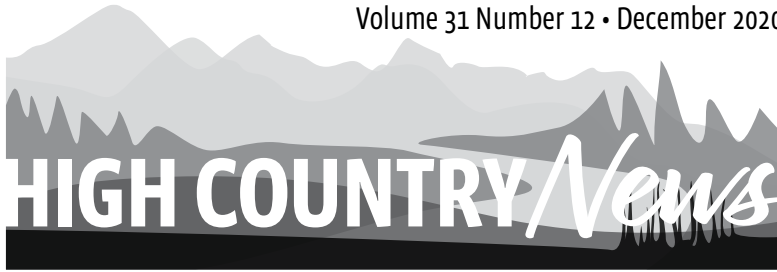
General Polling Station hours will be from 8:00 am to 8:00 pm at Redwood House, 1 Manyhorses Drive, Redwood Meadows, Alberta T3Z 1A4 on December 11, 2020.

A full copy of the proposed Lease Agreements for the Townsite of Redwood Meadows may be obtained from the Redwood Meadows Administration Office located at 1 Manyhorses Drive, Redwood Meadows Alberta, T3Z 1A4.

PLEASE NOTE that one (1) Sublease Holder per sublease must be delegated and registered to vote by December 11, 2020 to participate in the Lease Ratification Vote regarding the approval of the proposed Agreements for the Townsite of Redwood Meadows. **It is highly recommended that households exercise their early registration ability as some delegations are more complex than others. Please phone the office at 403 949 3563 for specific instructions for your unique leasehold.**

Any questions regarding the Lease Ratification Vote, *Redwood Meadows Lease Ratification Process* and/or the proposed Agreements for the Townsite of Redwood Meadows should be directed to the Townsite Office.

Shirley Kine has been retained as the external Returning Officer for this vote, and can be contacted via email at ReturningOfficer@redwoodmeadows.ab.ca.



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From The EDITOR

Over 15 years ago, musing over a coffee, myself and a friend discussed the idea of creating a newspaper that focused on good news. This idea became reality for me over four years ago when I took over/purchased the High Country News from Chris. This paper is primarily composed of various community members endeavouring to bring updates and helpful information that will enhance our lives.

Just as we need stories of good news, we need fixed points. For some, these fixed points might be in daily habits and routines. It could be a pub, coffee establishment, or restaurant. Activities that keep us rooted in something and someone.



Natural environments can also provide us these places of fixed points. I asked the Ann and Sandy Cross Conservation Area to provide a picture of their grounds for our front cover. Every fall, our family has used these grounds to go and enjoy the fall colours and has become a bit of a tradition. We love the vibrant colours of the aspen groves and prairie fescue grasses.

There is something about being in an environment that seems to be unchanging, yet undergoes significant changes over time. Nature can withstand disease and natural catastrophe. It can emerge changed, yet in some way unchanged. The river may run a different course, but it is still a river. Natural life is re-born. It has been fascinating to watch the river bed go from a scarred flood plain in 2013 to now seeing willow and aspen saplings aggressively take over the landscape in a seemingly impossible soil-deprived environment.

It is like God places these things in our lives to help us see that regardless of the calamity or challenge we face, new life will emerge. It will be a new yet unchanged picture.

So, over the next few weeks, and more than likely another year of significant uncertainty, I challenge you with two things; one, to find something you can celebrate every day, and two, create positive productive rhythms in your life. With three weeks of restrictive activity now upon us, these practices might just become habit!!!

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca

Artist PROFILE

These elk were captured on the trail camera at Ann & Sandy Cross Conservation Area, and submitted by Anna Aldridge, the ASCCA Communications and Volunteer Coordinator. ASCCA is a great place to enjoy a ramble, take in the scenic views, and catch a glimpse of varied wildlife that also call this area home!



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Arguably, this Christmas season is more important than ever before as we yearn for precious moments with friends and family and celebrate holiday spirit.

Over the past several months many have struggled with job loss, financial hardship and isolation from loved ones. This has taken its toll on our families, our local businesses and almost certainly our mental health.

Many seniors in our communities endured the Great Depression and two world wars, but for most of us the havoc the pandemic has caused over the past few months has been unlike anything we have ever endured in our lifetimes.

Regardless of one's view on the impact of COVID-19 it has impacted all of us in one way or another.

We are all working together, locally and nationally, to try and mitigate the impact this pandemic has had on our communities.

In the riding, for example, we worked with our MLAs, local business owners and stakeholder groups to establish the Foothills Business Recovery Task Force. The goal is to provide a hub for provincial and federal assistance programs as well as develop local best practices to boost southern Alberta's economy.

In Ottawa I have been named to the Health committee where my colleagues and I are focused on accessing rapid testing, securing a vaccine, and developing a clear strategy for economic and health recovery.

However, we know this past year has been a challenge for many in southern Alberta and this holiday season will hopefully provide some much-needed respite.

Friends, the festive season is upon us, and for me and my family, this is our most cherished time of the year. It is an opportunity to support our local businesses, reconnect with friends and enjoy time with loved ones.

It is also a time to reflect. When I look back on what we have endured over the past several months what stands out for me is, despite our struggles, the care and compassion our Foothills residents displayed in supporting one another.

Those who could, supported local. Business owners showed resiliency and innovation. Our front-line health care workers and essential services gave everything they had to ensure health care was available, store shelves were stocked, and our streets were safe.

To all those who keep us safe, those who treat the sick, to our local business owners and their employees, to our farmers who keep us fed, to the organizations and volunteers who support the vulnerable, and to everyone who selflessly contributes to see us through these challenging times, thank you.

Even the smallest acts of kindness and gestures of goodwill have brought hope to the Foothills. In true Southern Albertan fashion, you did not allow these dark times to overwhelm, but rather to inspire your courage to persevere.

Family and community are truly at the heart of Christmas spirit, and you have exemplified this across our communities.

This season is not just about reflecting on the past year, but it can also be about looking forward to new beginnings and even new traditions.

Depending on your situation and circumstances, this Christmas may not be the same and we may have to adapt.

Knowing that, I invite you to once again find the magic in Christmas, to make time to enjoy the simple pleasures of the holiday season. Like the joy of catching snowflakes on our tongue; the smell of a fresh baked apple pie; the colourful and shimmering lights around town; seeing an old friend; singing a Christmas carol or the awe of a child seeing Santa Claus for the first time. I encourage you to embrace your childhood Christmas spirit.

At this time of year mental health is always top of mind and this year it is even more so. In the dark days of winter Albertans are dealing with incredible challenges. Suicides and opioid overdose deaths are at crisis levels. If you know someone who needs help, please reach out to them and ensure they can access the resources available to them. Let them know they are not alone.

For many Albertans 2020 has been like no other and celebrating Christmas with friends and family will help end the present year on a more cheerful note and make way for a fresh and bright New Year.

John Barlow
Member of Parliament for Foothills
John.Barlow@parl.gc.ca
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2020 Not So Bad After All

Our province has overcome a lot in 2020! We faced an oil price war that dropped our commodity prices into negative values, a collapse of the entire global economy, and the evaporation of international travel and tourism, all of which left our unemployment rate in the double digits. There is no denying that many of you felt hardship over the past twelve months. Yet as we finish off the year and prepare to embark on a new one, we cannot afford to let that eternal optimism that makes up our Albertan identity grow dim. As we say goodbye to the year that some wish never was, I want to highlight some of the good news stories that never

made media headlines so that you can join me in looking towards 2021 with newfound hope for the future.

Throughout the year, Alberta decisively managed to keep 85% of our economy open, contrary to many jurisdictions who chose to lockdown. All the while, our Government worked to make strategic policy and financial investments that will ensure our province emerges from COVID 19 with a stronger, more diversified economy than ever.

We advanced an industry-transcending reduction of the business tax rate, giving our province a competitive edge over other North American jurisdictions. We also instituted a new research and development tax credit for Albertan entrepreneurs; reduced red tape on job creators; passed prompt payment legislation to ensure contractors do not go unpaid for their labour and sunk costs and significantly deregulated the green energy market. On top of all this, we began developing a broadband strategy to help rural Albertans work from home and invested \$99 million into childcare so parents could get back to work.

To avoid sounding naïve, I will acknowledge that Alberta undoubtedly still has a long way to go until we reach pre-pandemic employment levels, despite our best efforts. Regardless, recent announcements from nearly every industry, coupled with job growth of over 38,000 full-time positions in September, suggest that 2021 looks optimistic and that these policy changes will indeed bring economic returns in the future.

Construction of the Keystone XL pipeline commenced on April 1, creating the opportunity for 7000 Albertan jobs while increasing our daily export capacity by over 830,000 barrels. Suncor announced that they would be relocating all of their corporate Ontario operations to Alberta, stating "their commitment to Calgary." E3 Metals

announced the creation of 500 jobs at their new lithium production facility. Private green investment injected \$2.4 billion into our economy. Including \$200 million by Perimeter Solar, \$500 million by Greengate Power, \$200 million by BHE Canada for their Rattlesnake Ridge wind farm, and \$1.4 billion into cogeneration units for the oil sands. Echelon Wealth opened a new western Canada investment bank in Calgary for oil and gas, power generation, renewable energy, and clean technology. Alberta's agricultural commodity sales increased by 4.8% over the five-year average of \$7.2 billion. Construction began on a \$45 million biorefinery, which will use Alberta-made technology to convert animal and plant waste into organic fertilizer and renewable natural gas. \$280 million from Alberta's new industry-funded Technology, Innovation and Emissions Reduction (TIER) Fund created 5000 new jobs working on emissions reduction projects. Calgary realized \$200 million of private investment in the technology sector, breaking a historical record. Alberta Culture Days managed to go on with four full weeks of performing and fine arts shows. And our province even recognized a net gain of 246 doctors!

The year is now almost over, and I know many of you are grateful for that.

When you reflect on these times, I hope you will be able to remember that it wasn't all bad. Aside from the economic advancements our economy made, 2020 also gave us the unique opportunities to spend extra time with our families, reconnect with nature, try new hobbies, volunteer in our communities, and reevaluate what is most important to us. In the busyness of ordinary life, we don't often afford these simple pleasures our time.

2020 may not have been our favourite year, but reflecting, we still have a lot for which we can be thankful. There tends to always be good all around us, sometimes we just forget to open our eyes and see it.



ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Season's greetings and welcome to the last update for 2020. For the most part, it's been a year I'd really like to put behind me and I'm sure many of you would too. Living through a pandemic is not what we expected and hopefully, moving forward, we start seeing the light from behind our mask. Optimistic medical experts are saying the vaccine will be released to the public by early 2021. I'm all about being optimistic. Fingers crossed this is the start of a new "back to normal."

Flood Mitigation

It was a year ago at this time that this project hadn't even physically commenced. Fast forward to today and we can see that progress is being made. This \$42.2M project, funded by both the Provincial (\$36.4M) and Federal Government (\$5.4M) is designed to help protect the Hamlet of Bragg Creek from future flooding. Completion is expected by the end of next year with final cleanup done by 2022. Once complete, residents and visitors will be able to take in the scenery walking along the Elbow River soaking in our beautiful surroundings.

SR1

RVC withdrew its opposition to the Springbank Off-Stream Reservoir project back in May following Tsuut'ina Nation's withdrawal earlier. To this day, the fight against Alberta Transportation to see it terminated continues, largely lead by the Springbank Community Association. The regulatory process continues as the National Resources Conservation Board (NRCB) and the Impact

Assessment Agency of Canada (IAAC) continues to receive information to determine the final outcome. They are the bodies that will determine the fate of SR1 and should they see fit, can see the project terminated or altered.

4-way Intersection

As part of RVC's withdrawal of opposition to the SR1 project, a funding commitment by the Province was made to help Bragg Creek deal with its inherent traffic woes at the Hwy 22/White Avenue (Hwy 758)/Balsam Avenue intersection. This will go a long way to alleviate safety concerns during high volume times, help local businesses welcome customers and move local traffic. Temporary lights are slated for the spring with completion of the permanent roundabout by 2025. The project is in the early design stage.

Jumping Pound Hall Update

I'm pleased to announce that as a result of grant funding from RVC and the MD of Bighorn, the historic Jumping Pound Hall is getting a new tin roof. The focal point for many events and celebrations of our neighbours just north of us, this hall will take you back to our Alberta roots by just stepping through its doors and taking in a deep breath. It's located north just off Highway 1/Jumping Pound Road as you head west. And with its new red roof, you can't miss it.

2021 Electoral Boundary Change

Council passed the bylaw for new electoral divisions and councillor representation to take affect for the

2021 election. This move will see reducing the number of councillors and divisions from nine to seven. This was due in part to create equal representation for all of RVC based on population. What that means for our area, Division 1 will now stretch from Bragg Creek to Elbow Valley, bordering Calgary. Jumping Pound will no longer be a part of the current electoral map and will become part of Division 2. The northern boundary for Division 1 will run east along Hwy 1 from the MD of Bighorn to Hwy 22, south to Springbank Road and Lower Springbank Road running east until it reaches Calgary. The next election cycle should be a very interesting race indeed.

Season's Greetings

I want to thank all the generous volunteers from the various associations, neighbourhoods, committees and the like. Volunteers are the backbone of communities and we are lucky to have those who give unselfishly of their time, money and resources. I also want to thank RVC Administration, Staff and fellow councillors for their support - I could not make ends meet without them. As much as you make me look like the hero, it's your dedication to the residents of RVC that make us the envy of municipalities across Alberta.

From our family to yours, all the best this festive season. Stay safe, wear a mask and keep your distance. I'll see you in the new year.

– Cheers, Mark



The Springbank Creative Arts Club's mission is to encourage the development of arts and crafts within the Springbank community.

What a year this has been! Most of us will be happy to see the end of 2020 and hope for a New Year that is more like the "old days". This is yet to be determined!!

Our annual Christmas Market had to be cancelled this year, because of the pandemic. In lieu of a face to face sale, please visit the Springbank Christmas Market Group on Facebook to get perfect gifts for all those on your list. You must join the group to be able to see what is available to purchase – directly from the vendor. Available are many handmade quality décor items, fruit cakes, wood working, jewelry, quilting, sewing, original etc., suitable

for gifts for Christmas or any time. This is open to sellers as well.

The Club also, has space for new members to join and share in the creativity! Do you have a craft or artisan item that you would like to share with the group? Send your email, including related details, to yjo999@gmail.com and it will be determined if there is enough interest to present your item to the Club. Please contact Janice (send your email to janice3lambert@gmail.com) if you have new business items to introduce at Club meetings.

Although the Christmas Market Sale has been cancelled for this year, we continue to meet to share ideas, creations and friendship. We are like minded and offer support, creativity and inspiration to all as plans continue for the future. Take advantage of this opportunity to

meet artists, artisans and other crafters who live in Springbank. To obtain more information about a Club membership, send your email to yjo999@gmail.com. Members are encouraged to bring along their creations (for Show and Tell) to share with the group during the Club's meetings. Follow us on [facebook.com/springbankchristmasmarket](https://www.facebook.com/springbankchristmasmarket)

The Springbank Creative Arts Club would like to wish everyone a very Merry Christmas, and nothing but the best for a Happy New Year in 2021.

*Contributed by Yvonne Bamlett,
Springbank Creative Arts Club*

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The Springbank Friday Morning 50 Plus Mixed Curling League

A Great curling opportunity - Have fun, exercise and social distance socialize.

Tim Presber, president of the Friday Morning Curling League and skip of one of the teams, reports that the Fall curling progressed quite smoothly. We adhered to Canada Curling guidelines and most players found the curling to be better than expected. Yes, we can have only one sweeper at a time and skips are feeling that with the protocol restrictions on sweeping they are not getting enough exercise. However, everyone seems happy to be on the ice and are spurred on by those super 'great shots' that happen once in awhile. We are now in a rhythm on the ice and don't need to look up the rules for guidance on how to conduct ourselves safely. So far, no issues have cropped up to cause us concern.

Betty, one of the lead players says, "It's an outing and I feel safe."

Alice, who plays 2nd, comments, "It's nice to be around people and feel part of a group."

Mary Jane, one of the curlers playing 3rd, says, "I feel the same way. It's something we can do to be active and socialize. It is limiting because we can't sit around and visit before or afterwards. On the ice, we are in the game and we alternate with the sweeping. I think we are used to being active so we are happy to be able to get out in fresh air. I wear my mask until I go out on the ice and put it on again before I go back into the lounge. A happy curler"....

We hope that all this positive feedback will be encouragement to those curlers who opted out of registering for the Fall, to sign up for the Winter Session which will run from January to March. We would also like to welcome new players of all abilities to join us. There is a lot of ice time available and we would love to be able to book more ice for the Winter Session

If you are 50 or over and would like to have some safe, active and social time with us out on the ice, please contact our Draw Master Brian Davies at brian capitalland@gmail.com or phone Tim Presber at 403.827.2755. Teams are drawn out of the hat so you can sign up individually.

Best wishes for a merry & safe Christmas.

Contributed by Shirley Tajcnar

Obituary · Van der Molen, Carolynn

May 26, 1962 - October 21, 2020

Carolynn Van der Molen passed away on the morning of Wednesday, October 21st, 2020. She will be lovingly remembered by her beloved husband, David; her son, Jeffrey (Ania); by her mother, Tina; her sister, Mary Ann; her brothers, Andrzej, Roman, John and Steve; by her nieces, Brenda, Laura, Kristen and Jessica; by her nephews Jason, Andrzej, Christopher and Dylan; by the entire Correa Family, and all the extended



family in Canada and Holland. Carolynn was predeceased by her father, Andrzej; sister, Henny and Luis Correa.

Carolynn was a beautiful woman who captivated many with her charm, wit and humor. Her generosity, passion, spirituality and creativity extended deep into the community, illuminating the lives of others.

Messages of condolence may be left for the family at www.myalternatives.ca.

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RURAL COMMUNITY SUPPORT PROGRAM

The Rural Community Support Program provides rural residents, in West Rocky View County, direct access to free and confidential meetings, offering

- Support and problem solving options,
- Resource information,
- Referrals and help navigating government systems.

If you or someone you know, has a problem and you're not sure what to do, please contact the Rural Community Support worker. Together, we can discuss solutions, options and first steps.

For more information about this program, please contact:

Wendy Farnsworth, 403-851-2286

wendy.farnsworth@cochrane.ca

Office location: Bragg Creek & Cochrane

(other meeting place options are available)



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Springbank Off-stream Reservoir Newsletter

The Springbank Off-stream Reservoir (the Springbank Reservoir or SR1) is a flood mitigation project that would mitigate future floods like the one that devastated Calgary and southern Alberta in 2013. The Springbank Reservoir is a key component of Alberta's flood mitigation strategy for southern Alberta and Calgary and is planned to be located adjacent to the Elbow River, west of Calgary. The Springbank Reservoir requires approval from the federal Impact Assessment Agency of Canada (IAAC), Alberta Environment and Parks (AEP), and the provincial Natural Resources Conservation Board (NRCB).

As the project continues through the regulatory process the Government of Alberta will be issuing regular newsletters and updating the Springbank Reservoir project webpage to share current project information

and important milestones. You are receiving this newsletter because you are on the Alberta Transportation Springbank Reservoir subscribers list. If you would like to unsubscribe from these newsletters, please follow the instructions at the bottom of this message.

What's new?

Alberta Transportation hosted community information sessions on the Project in Springbank and Bragg Creek on September 24 and October 8 both in person and online. The presentation and recordings from the events are available on the Springbank Reservoir project webpage filed under Community Information Sessions.

The Fall 2020 Project Update was recently distributed with information on roads, the debris deflection barrier, and Public Lands and Water Act applications.

Design image renderings for various locations along the Springbank Off-stream Reservoir project were posted on the project website to help illustrate what SR1 will look like, if approved and built.

These updates are available on the project website

www.alberta.ca/resources-springbank-off-stream-reservoir.aspx

Did you know?

The Springbank Reservoir system was designed to maintain community access and traffic without any disruption except in the most extreme flood conditions (floods with a volume equal to or greater than a 1:50 year event).

By raising Highway 22 above the reservoir filled level, Highway 22 could continue to support traffic without disruption.

Springbank Road (Township Road 244) has been designed to maintain normal traffic operations up to a 1:50 year flood event without disruption. If an event equal to or larger than this is being mitigated, Springbank Road would be temporarily closed between Range Road 40 and Highway 22. East-west traffic on Springbank Road would be detoured north on Range Road 40 (which travels under Highway 1) to Township Road 250 where Highway 22 can be accessed. Once the flood has passed, the Government of Alberta would remediate Springbank Road after which normal traffic operations could resume.

Notice of Traffic Control Construction Located at Hwy 22 & Hwy 758

CANA Energy Ltd. has been contracted to perform a project involving installing a new traffic signal at Highway 22 & Highway 758. The construction period for the above site, near (residents and businesses of Bragg Creek), is scheduled to be from:

December 1 to December 14, 2020

This project involves trench excavation, duct placement and base installation. This work will require narrowing the driven and pedestrian portion of the area. Signage will be erected asking that caution be used when travelling this area.



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Jerry & Nancy Kamphuis

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Promises Kept To Mobile Home Communities

Alberta's Residential Tenancy Dispute Resolution Service (RTDRS) is now accepting applications from residents and landlords of mobile home communities for tenancy-related disputes, including return of security deposits and disputes over damages.

Access to the RTDRS was made possible for Albertans in these communities by government legislation passed in May.

Root Cause Issues

In addition to being granted full access to the RTDRS, residents and landlords of mobile home communities are invited to participate in an online survey about other issues and concerns they have. Albertans will have four weeks to complete the survey, closing December 13, 2020.

The survey can be found at: www.alberta.ca/mobile-home-site-issues-engagement.aspx

"I heard clearly last year, that access to dispute resolution services was only part of the solution for residents in mobile home communities. This survey will help Alberta's government identify other concerns that are best addressed through other departments or levels of government." - Nate Glubish, Minister of Service Alberta

"Access to the RTDRS for resident in Alberta's mobile home parks will allow for quicker and less expensive resolution to disputes. This puts these residents on the same playing field as other renters and landlords in the province and will free up valuable space in our court system. The changes to dispute resolution are a direct result of consultation with Albertans and I am pleased that the Minister is continuing to improve processes for mobile home residents with further consultation." - Roger Reid, MLA for Livingstone-Macleod

Results from the online survey will be reviewed by officials from the departments of Community and Social Services, Health, Municipal Affairs, and Seniors and Housing, with additional work as necessary by the departments of Infrastructure, Justice and Solicitor

General, and Transportation. Service Alberta will provide assistance if needed.

Quick Facts

- The RTDRS is a faster, less formal and less expensive alternative to the court system that helps resolve tenancy disputes for Albertans renting residential properties and mobile home sites.
- The RTDRS was launched in 2006 and now receives more than 11,000 applications annually.
- Landlords and tenants can file applications for remedies of up to \$50,000 through the RTDRS.
- Currently, urgent applications (related to eviction and ending tenancies) are being heard within 10 to 15 business days after filing, and other applications (e.g. security deposits, damages) are heard in about 30 to 45 business days.
- The RTDRS application fee is \$75, while provincial court fees can range from \$100 to \$200.

Submitted by Mackenzie Blyth
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Mackenzie.blyth@assembly.ab.ca

Support Local Okotoks Shop of Wonders

Shop of Wonders is a Christmas shopping experience for families who are financially struggling to make ends meet. The shop provides gifts at no cost for families in need. We have started set up in the Big Horn Place and we plan to be open to the public starting appointments Dec. 5, 2020 through to Dec. 23, 2020.

"Last year the program served over 100 children from Okotoks and Foothills area. This year we are anticipating a need like never before with the increased economic demands on families. With almost 300 children registered to date, we need the support of our community to be able to fulfill the great need. We know this year has been difficult for many and we

are excited to bring hop to families this holiday season" - Tanisha Stromberg, MyCityCare Representative.

Toy Donations are needed in all age groups. Toys in the \$30-\$50 price range: Teen gifts, pre teen gifts, baby (0-3) gifts, or monetary donations.

Amazon Gift List is available to shop online for donations at www.amazon.ca/hz/wishlist/ls/3SMQXKFSM5RZY/ref=cm_go_nav_hz

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When Volatility Arrives, Optimism is Key!

The focus here is on *you* as an investor! What do you bring to the table in terms of investment experience and personal temperament (emotions). This will impact your investment returns and satisfaction while building your nest egg. 2020 has been a year of extreme volatility. A key to investment success over time is to train your emotions to handle the uncertainty (natural and normal ups and downs) of the economy, life, and the investment markets.

The best time to start investing is early in life. When you have a long-term financial plan and many years to go before retirement, you are ideally positioned to handle market corrections and the emotional stresses that come with market volatility. This is where your investment advisor can offer support and encouragement to keep you focussed on the long-term game plan.

We have seen emotions undermine both beginner investors and those who have accumulated assets of over \$1 million. A beginner investor starting out with \$10,000-\$30,000 is often concerned with losing part of their assets to a market correction. The coaching for this investor is to have them focus on the long-term objective of building assets that will generate retirement income of about \$50,000 per annum (This is the amount that media surveys quote as the desired retirement income of the average Canadian.).

If our beginner investor's portfolio dropped 10% during a market correction, they can easily make up this decline through additional savings. When they continue buying investments during a downturn, they are getting their favourite investment funds for a "sale price".

A rule of thumb in building assets is that, in the beginning, your savings rate is more important than the investment returns. Once your asset values grow to around three times your annual earned income, then investment returns and savings rate become equally important.

As investment values grow to a substantial level, then investment returns matter the most. While monthly saving continues to play a role, the impact of new savings on overall capital accumulation may be small in terms of the overall portfolio returns. That is why investing for capital preservation plus returns for portfolios greater than \$500,000 may become the primary focus.

There is a challenge for a nervous investor with a large portfolio (\$1 million or more) and those who are retired with no way to replace lost investment assets. It often becomes more difficult for them to manage their emotional responses to market volatility. In those situations, it is vital to have professional advice, an impartial third party who can help you navigate the road ahead.

Those who gather a large amount of capital through the sale of a business, or a wind fall or inheritance later in life (in their 60's or later) often allow the fear of loss or running out of money during

retirement to interfere with long term investment planning principles.

Everyone has heard of the Seven (7) Wonders of the Ancient World. There are two (2) additional Wonders – *Time* and *Compound Interest!* That is why it is recommended that parents help to train their teens to handle money and invest early. Even if young people can only invest 5% or 10% of their income, but start early, it will create in them a discipline of saving/investing. In addition, they have time on their side.

The key to successful long-term investing is to keep your present situation in perspective and be optimistic that you can respond to any circumstances that life throws at you, while working with a professional advisor.

Call today for a review of how to help on your path towards financial success!

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for a
Merry Christmas
and a
Healthy and
Prosperous
New Year*



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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



Well, I guess there has been a lot on the go, but firstly the pandemic. This pandemic, continues to shape us, mold us, and change the way we are interacting with the world. I remember back in March (before masks, before plexiglass, before social distancing) when we all thought this would be over in a couple of weeks and I couldn't figure out why anyone would need a bazillion rolls of toilet paper. Here we are, 10 months later, numbers soaring, mask wearing, plexiglass as far as the eye can see, can't go out for dinner with friends, can't visit anyone and I still don't know why anyone needs a bazillion rolls of toilet paper!

This pandemic has not only taken a toll on our economy, but on ourselves, our well-being and our states of mind. I see it and feel it from people every day, and I feel it myself. It is great to have time to self-reflect (and working remotely and away from others certainly gives us that time), but we lose that social contact and interactions that can assure us the world is okay and that you are ok and that I am ok. It all starts to feel less ok out there, so if you're feeling like that, you aren't alone. I trust that somewhere out there we'll see a light at the end of the tunnel and we just need to keep swimming, as Dory would say. Today it feels like we are swimming against the flow and I doubt anyone will want a repeat of 2020 (except maybe Amazon and Costco!), so my wish for all of us for 2021 is a little less social distancing, a little more social gatherings, no masks and fewer Lysol wipes (although I haven't found those since June!).

So what else is new? Well, RVC held its annual organizational meeting in October. We have elected Clr. Dan Henn as the new Reeve and I was elected as Deputy Reeve. The Reeve and Deputy Reeve are annual appointments and I'm looking forward to learning and contributing more to RVC. I spoke in one of my previous newsletters about feeling like I was just getting going, with a pretty steep learning curve, and this new role is an important step for

me. I truly want to thank the mentorship from former Reeve Boehlke and Deputy Reeve Shule. Greg Boehlke has a wealth of experience and continues to support RVC on the CMRB committee which is a critical item for the County.

Another big change for the County, and one that previous Councils wrestled with, was going from 9 divisions to 7 divisions. Ultimately, this Council, showed great leadership in rising above a personal interest, to ensure what was best for the County going forward. Division 2 will largely stay the same, but will add in the eastern limits up to the Artist View area and west to Jumping Pound; and for Division 2, most of the homes south of the Springbank Road become part the new Division 1. There is a link to the map on our website and more information will be sent out closer to the next Municipal Election (October, 2021).

The County is operating in a "semi" COVID-19 state. So while we haven't returned to full lock down, much County business is by appointment only and masks must be worn at all times. In addition, beyond Council and Administration, the gallery audience will be limited to 10 people.

Our new dog park officially opens next Spring. I haven't heard at time of writing if the couple minor deficiencies have

been repaired (gates), if they haven't been repaired it should be soon! The park is located on the north side Township Road 245, between RR 33 and the entrance to Commercial Court.

Finally, I was asked by a resident to let you know of all the beautiful Christmas lights happening in Springbank this year. I absolutely agree and I've seen some stunning displays. I was thinking about having another Xmas light contest, but decided against because I've already hit up most of the local businesses for donations for my summer contest and I know the downturn has been hard on many of them. But, a great family evening would be to take a drive around and you'll see, I know Rodeo Ridge and Harmony always put on a great display, but there are also so many acreages that do a fantastic job and this year the lights are even better, so I hope you explore a bit at home with your family.

To all of you I wish you a good Christmas. A safe and healthy time with those that are important to you. If you are traveling, at home, with friends or family, stay safe, keep warm and toast a glass of eggnog to 2020 as we kick it out the door. We'll look forward to a better 2021!

*My best wishes to you and your family,
Kim McKylor*

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What is the HCRCWA Anyway?

Many of us have a vague idea of what the High Country Rural Crime Watch Association is, but what is it really, and what does it do?

HCRCWA is a non-profit 100% volunteer association serving an area which stretches from the southern boundary of the Tsuut'ina Nation to the north, to the southern boundary of Foothills County to the south. An irregular line forms the western boundary roughly along the crown land/private land interface with the eastern boundary primarily 1 mile east of Hwy 22 with an eastern bulge east of Black Diamond. This area is equivalent

to the service area of the Turner Valley RCMP detachment.

HCRCWA's mission statement is "To safeguard people and property in all our rural communities through awareness, communications and education."

Approximately 800 people/addresses have signed on to HCRCWA including some who are outside of the actual HCRCWA boundary. Membership is free due to the generous support of TC Energy. The HCRCWA website www.hcrcwa.ca has an online membership application form as well as plenty of additional info and maps.

HCRCWA Goals are: Awareness will be achieved through membership development, public meetings and support from local businesses. Communications will include an updated membership database fan-out information system for email and phone notifications, information sharing with local RCMP, website development for information flow and resource connections, public relations and use of print or other media.

HCRCWA sent approximately 36 fanout messages in 2018, 17 in 2019, and 16 so far in 2020. Most members receive notifications via email, but there are some members who receive notifications via a recorded phone message mostly due to the fact they are not internet connected. HCRCWA does not share email or phone lists with any outside party. HCRCWA has a Facebook page and a 403-931-2407 phone line.

While fanout messages usually concern criminal activity with information supplied from the RCMP, we will also include messages about public safety (the 2018 McLean Creek wildfire), some relevant Foothills County administrative messages especially as it relates to fire bans, and notices of upcoming events such as living with dangerous wildlife seminars and personal safety talks.

There are three basic sources of threat to your and my safety living out here in the foothills: 1) criminal activity, 2) wildlife encounters, and 3) wildfires. HCRCWA attempts to, and does, periodically address all three of these threats through fanouts and seminars.

Merry Weihnachten!

And all the best this festive season to you and yours. Your devoted patronage brings home the true spirit of Christmas and we thank you from the bottom of our steins.

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For example, at the Square Butte Hall session in November of 2018 we had speakers from the RCMP, Foothills Fire Department, Foothills Emergency Management, and Alberta Forestry. The Alberta Forestry presentation included personnel who were responsible for managing and fighting the McLean Creek wildfire. They gave a “play-by-play” of their efforts to bring the blaze under control using on-ground personnel, heavy equipment, and firefighting aircraft.

The Foothills Fire Department and Foothills Emergency Management were there to explain the criteria and process for anticipated evacuations which, fortunately, were only voluntary in this instance. This is probably a good time to remind everyone that we live in the second highest forest fire danger area in the province. Be sure to implement FireSmart practices if you haven’t already done so.

In May of 2019, a Wildlife Conflict Solutions Workshop was held at the Old Rothney Farm on the Ann & Sandy

Cross Conservation Area whereat Jay Honeyman, a Human Wildlife Conflict Biologist from Alberta Environment and Parks (aka Southern Alberta bear expert), headed up a group of, in his words, “some of the most qualified bear experts in the world”. There were informative presentations of bear behavior and activity and, outside in the field, you would have been able to practice deploying inert bear spray in front of a model bear hurtling downhill toward you.

In October of 2019 Representatives from the HCRCWA personally met with then Justice Minister Doug Schweitzer to present recommendations for combatting rural crime.

These are just some examples of HCRCWA activity.

All of us at the HCRCWA would like to wish all of you a Merry Christmas and a very Happy Holiday.

*Dave Schroeder
HCRCWA Board Member*

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Guess Who's Coming to... Stay?

Holidays and summers aren't the only times family members visit our homes for extended periods. Shouldn't they be made their most comfortable and kept safe, giving you and them peace of mind during their visits? And, some "visits" are now transitioning into multi-generational living arrangements.

With these broader age-ranges living under the same roof, there are simple adjustments that can make this a simpler and safer experience for everyone involved.

Anti Scalding Valves - Scalding is a concern with young and old alike and it is such a simple thing to safeguard your family against.

Anti-scalding valves are exactly what their name states. These valves can be installed at any water access point where there is a risk of someone accidentally scalding themselves, causing unnecessary pain and trauma.

Instant Hot Water - Many people needlessly waste electricity because they

turn their electric kettle on, go back to whatever they were doing, time goes by and then they remember they wanted a hot beverage but the kettle's now cold. They repeat the process, often more than once, until they finally stand by the kettle until the water's hot. At the end of it all, they've wasted both electricity and their time.

Imagine instead walking into the kitchen and preparing a hot beverage by just turning on a tap; having instant access to hot water to make the perfect temperature cup of tea without waiting. And this is not just handy for making hot drinks - you can use instant hot water for cooking, cleaning, and many other applications.

Lighting Upgrades - Eyes of different ages need different amounts of light to be able to see clearly. This is why as you age it is more difficult to see - you need more light! If you are hosting an all-ages holiday event or inviting your parents/grandparents to come live with you, it is likely that you will need to upgrade some lighting. Sometimes all it takes is replacing old low-wattage incandescent bulbs with LED bulbs. Sometimes you may need to add fixtures or lamps.

Other things like motion-sensors and nightlights in hallways and bathrooms can make your home safer and easier to navigate.

Gas Heaters - Aunt Mable shouldn't be freezing downstairs while you're upstairs opening windows because you're too hot, that's not comfortable for anyone. Beyond being uncomfortable, it's costly.

A great remedy for uneven heat in areas of your home is an additional gas heater for the cooler areas, typically the basement. It is relatively cost-effective to install an additional heat source in the areas where you need it most, rather than trying to balance the heat distribution throughout your home by closing registers, etc.

A natural gas heater is very efficient and easy on your utility bills, heating the areas of your home that need some extra warmth.

All of these options are great ways to make your home safe and comfortable for your visitors and for your family, call us today to discuss getting your home ready before your guests arrive!

by Carla Berezowski,
Owner, Alberta Indoor Comfort



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Snow Shovelling

by **Jennifere Gordon**

BSc. PT, GunnIMS, AFCI

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

Happy Holidays 2020!

Ahhh, Alberta winters! Sure, it's beautiful and there are many great activities we can enjoy in this snowy wonderland. However, do we see a lot of snow shovelling injuries this time of year! That early winter snow is typically so wet and heavy. Our necks, shoulders and lower backs really pay for it. The problem is we haven't shovelled snow for six months and our bodies are just not ready for this heavy load that gets 'dumped' on us.

There are a few simple things to keep in mind to try and make shovelling a little easier. First of all... hire someone else! Ah, if only it were that easy. This is an activity that you need to limber up for at least a little. Typically, we just grab that shovel and get this chore out of the way. Your body will thank you for getting a bit prepared ahead of time.

1. WARM UP. Take a few easy side bend stretches to warm up the lower back. No long holds, just 5-10 seconds, 2x each side. A couple of mini lunge stretches each side will help stretch out your hips. Try some shoulder circles forwards and backwards. If you don't

have full shoulder range of motion, try some shoulder blade circles each direction. Then gently stretch your neck side to side.

2. AVOID SLIPPING. Ensure you have good boots with a sturdy tread or Yak Trax on to prevent slipping on wet snow or ice. You may need to sprinkle some sand on slippery areas or small hills you need to manoeuvre around after you shovel.

3. SHOVEL SELECTION. I know we want to get the most bang for our effort and use the largest shovel blade. This only makes the job harder on our bodies, unfortunately. Select a shovel with a smaller blade. This will result in a lighter load to push and lift and prevent the chance of injury.

4. FOCUS ON POSTURE. Try to keep your back fairly straight and bend through your hips and knees. Push the snow to disperse it rather than lifting and tossing it where possible. If you have to lift and toss, take smaller amounts of snow, engage your lower abdominal muscles and exhale as you lift. Get as close to the load of snow as possible by holding down lower on the shovel and bending your knees rather than rounding through your back.

5. DON'T TWIST AND SHOUT. The weakest integrity of our spinal discs is when our back is in a flexed and rotated position. This means we are at a higher risk of injury when we are in this position. Our muscles have to work harder to support the spine because the

surrounding structures are less able to. Not only do we bend forward and rotate to toss snow out of the way – we are doing this with a long lever and heavy weight at the end of it.

6. TAKE BREAKS. Try not to tackle all of it in one go. I know, this is easier said than done! Taking mini breaks to stand up tall, roll your shoulder blades and stretch side to side will go a long way in preventing a repetitive strain injury in your neck, back and shoulders.

7. WARM UP AND COOL DOWN. After your job is done, head inside to warm up with a hot chocolate (or rum and eggnog)! Take a few minutes to repeat some of the stretches you did at the beginning. Lower back side stretches, lunges, shoulder circles, a chest stretch and neck stretches. This will help ease off any muscle tension and strain from shovelling.

There is more to shovelling snow than just doing a chore. It is a strenuous activity that requires a bit of preparation, patience and technique. With these preventative tips in mind, hopefully you can stay healthy and strain free! It's been a challenging year and we are all happy to put it behind us. Bragg Creek Physiotherapy wishes everyone a very happy and healthy holiday season. May 2021 bring scientific advances (a vaccine!), kindness, good news stories and healthier communities. Happy Holidays and best wishes to this wonderful community.

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Are You Comfortable In Your Home Office?

“Not only do we live in our homes, but our homes function in much the same way as living organisms. As the home is an ecosystem, it may be referred to as a “Living Building.” If the ecosystem of the home is out of balance, this can affect the aspects of the home which ensure human wellness.”

This quote by Rick Bayless is one of the reasons I am passionate about my home being healthy, well maintained, and that the indoor air my family is breathing is kept clean.

Many people are no longer commuting to work, their office is now in their home full-time! While this means no morning traffic (bonus!) and a potential for Zoom meetings wearing pajama bottoms and a dress shirt, it also means there are potential health issues to seriously consider.

Have you noticed when you are working from home or spending longer times in your home that you are experiencing dry or tired eyes? Headaches? Uncommon fatigue? Mystery body aches? Have these occurrences commenced or escalated, even just a little, since everything changed in March 2020?

There are a few simple but very important solutions that will create a clean indoor air environment for you and your family, and your new home office!

The ductwork in your home is a breeding ground for viruses, bacteria, molds, spores and more. Those are just a few of the things being circulated through your home every time your furnace kicks in. Start here by getting the ducts deep cleaned and disinfected.

Once your ventilation system is cleaned and disinfected, there are solutions you can have installed that will reduce the amount of future dust, dirt, mold, bacteria, etc. that will re-infect your

system. Better filtration is a key addition to your systems. Electronic air filters and Hepa filters will capture and remove fine particulate matter from your air.

Ultraviolet lights can be installed in your ductwork to kill organic matter like flu bugs, bacteria, viruses, etc. Installed together, these solutions provide very clean air which can reduce your dry eyes, tiredness, headaches, etc, allowing you to breathe easy at home!

So now you have excellent quality air to breathe, is your home office completed? How is the lighting? Are you warm enough? Planning for the long-term, which is how things seem to be heading, being as comfortable as possible will enable you to be effective while working. Call us now for your FREE in-home assessment!

*By Carla Berezowski,
Owner of Alberta Indoor Comfort*

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Bragg Creek Centre

Hello Creekers!

Christmas in coronavirus times will be one for the books, unlike any in living memory. Recommendations to travel less, restrictions on gatherings, traditions cancelled - what will a pared-down holiday season look like? While it won't be the Christmas most of us are used to let's get creative and find some new ways to celebrate; perhaps making some new traditions along the way.

For someone who loves to gift experiences as often as possible I am struggling with crossing things off my

Christmas list. So instead I will look for ways to support our community by shopping locally and participating in the various online fundraising efforts benefiting our community groups. I am especially looking forward to finding unique gifts at our Light up Outdoor Market on December 5th.

While many parades, photos with Santa and other holiday traditions may be cancelled, we are happy to tell you about the following fun initiatives happening here at your Community Centre.

SPIRIT OF CHRISTMAS – Dec. 5th

Light up Outdoor Market – You'll be sure to find gifts for everyone from our group of local makers. 12 – 5pm

Kids Only Store – Our Elves will be available to help kids 12 and under pick

out the perfect gift for Mom & Dad and will even wrap them ready for under the tree! 10am – 3pm by appointment only. Register at www.eventbrite.ca

Zoom with Santa – Visit with St. Nick virtually. 10am – 3pm by appointment only. Register at www.eventbrite.ca

Parade of Lights – Let's come together in community spirit by lighting up all of Bragg Creek! At 5pm flip the switch to your Christmas light display in unison with your neighbours. A drone will be flying overhead to capture the awesome spectacle.

2nd Annual Tree Lighting – Join us for the newest of our annual community traditions. At 5pm we will light various trees around the Hamlet with our inaugural tree at the Centre being lit by a special guest.

FUNDRAISING

Saddled with the costs to operate an aging building, drastically reduced revenues and fundraising opportunities due to the pandemic, the Centre is in a dire position.

You can help ensure your Community Centre is available now and for future generations by participating in our fundraising initiatives.

Fundscrip Gift Card Fundraiser – purchase gift cards at face value to use as gifts, do your holiday shopping or for your everyday purchases like groceries or gas and participating vendors donate a percentage to us! Go to www.fundscrip.com, click 'Support Your Group' and enter invitation code Y5QV4X or visit our website for more information.

Purdy's Chocolatier Fundraiser - support us through purchasing some very sweet Christmas gifts for friends, family and yourself! Visit our website for more information.

Happy Holidays & take good care Creekers!
Christine Pollard
Program and Event Manager

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Posture and Jaw Issues (TMJ Dysfunction)

Years ago I complained to my dentist that my jaw was popping. He recommended a splint because I was grinding at night. I wore this for a few years to no avail.

My dentist referred me to the TMJ clinic in Calgary. The TMJ or temporomandibular (tem-puh-roe-man-DIB-u-lur) joint is the fancy word for the joint that connects the jawbone to the skull. I was fitted with another splint that was more customized (and expensive!) for another year. The purpose of this splint is to change how the jaw rests and in some cases, like mine, only caused me pain. I was also treated at the same time via physiotherapy (TENS machine + exercises). My TMJ dentist also requested an MRI of my jaw and he suggested surgery but let me know it might cause pain and has a very low chance of success. After two years of suffering the result showed how uncoordinated the health professionals are and the experience left me feeling confused, nothing was better and I was left with a lot of bills.

It wasn't until years later when I went to a health professional familiar with troubleshooting techniques (treating the body as a system) that I finally had an answer to why it might have happened. She took one look at me without doing the assessment and asked me if I had jaw problems. Shocked, I answered "yes!" Thus began my journey of muscle imbalances. My bad posture had pulled my disc out of place in my jaw.

There are an awful lot of causes of TMJ dysfunction:

- Imbalances in the chewing muscles causing rigid muscles, spasm, abnormal joint mechanics, and trigger points
- Overuse such as gum chewing, chewing on one side only, smoking, or

an occupation or hobby that requires a mouthguard such as hockey

- Misalignment of the teeth
- Cranial bone misalignment
- Abnormal posture
- Increased stress! This can lead to jaw clenching and grinding as well as chest breathing which leads to shoulder and neck imbalances.
- Trauma, either direct or indirect. Direct would be a blow to the jaw or whiplash. Indirect would be prolonged dental work, prolonged neck pull, or supporting your head under your chin with your hand.
- Sinus blockage or infection causing mouth breathing, a head forward posture to open airway, and abnormal jaw position.
- Joint disease and/or deterioration.

Symptoms of TMJ dysfunction:

- Pain on one or both joints.
- Sounds in your jaw such as popping, and clicking with movement.
- Issues with the chewing muscles such as spasms and trigger points.
- Headaches in the forehead or sides of the skull.
- Jaw decreased range of motion, irregular motion, and locking when opening or closing.
- Ringing in the ears, nausea, tears, sensitive teeth and pricking or burning sensation.
- Ear stuffiness, blockage, and hearing loss. Difficulties here may affect your ability to fly.

I went into Massage Therapy because I can deal with the body as a whole. Our bodies are a marvel of bones, tendons, ligaments, muscles, and connective tissue. Issues in the body show up as symptoms. Oftentimes the cause of the symptoms is so far away from where we feel pain that professionals don't make the connection either because it is not part of their field or we are never taught how the body as a whole works. New advances in training students to troubleshoot has opened doors for pain resolution and the proof is that I keep learning everyday with each new patient. There is no cookie cutter way to deal with multiple clients with the same symptoms. Every situation is unique and therefore may require different treatment approaches.

Whether you have jaw issues or pain elsewhere; Book in with me online at connectivewellness.ca, email me at info@connectivewellness.ca or text or call me at 403-999-1471. I would love to help you out of your pain!

Sheena Taggart RMT

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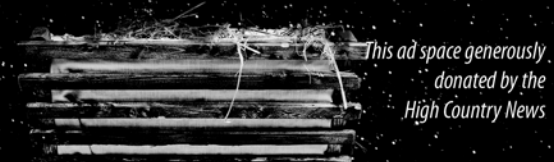
*We have created **Advent in a Box** for families this Christmas season. These boxes have been designed to provide faith-at-home resources to support, love, and engage families at home. There are 5 weekly activities including Scripture verses, discussion thoughts, and crafts.*

*We hope that your family will journey to Christmas with our **Advent in a Box** - keeping Christ in Christmas!*

*For details of where to pick up your **Advent in a Box**, contact us at braggcreekcommunitychurch@gmail.com*

*Join **Bragg Creek Area Community Support** on Facebook if you are in **NEED** or able to **HELP** in various ways during this time of crisis.*

*Contact Pastor Dave to donate to the **Bragg Creek Food Bank and Crisis Fund**, or if you are in need of assistance, or need to talk with someone, please call us at 403.671.3819 for support*



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A Taste Of The High Country

Make This Holiday Season A Thanksgiving

We do not need any divine power to predict this year's Christmas, and the Holiday Season will be celebrated at home, with our immediate family and perhaps a few close friends - if COVID-19 restrictions allow it. Add the usual cold and stormy winter weather, and the 2020 holiday season may go down in collective memories as a hangover that is best to be forgotten. That is unless we embrace our harsh times as an opportunity.

You guessed it! Let's make the probable "COVID-19 lockdown 2.0" a merry one with a twist. Rich with our recent experience during the first wave, and our new-found skills for baking sourdough bread, we are ready to rise to the next challenge - Holiday Cuisine!

Here is my challenge to you. Peruse those old cookbooks filled with Christmas recipes, scour the internet for new ones. There are so many possibilities; patés and terrines, gingerbread houses, Yule logs, fruit cakes, cookies decorated and

ready for the Christmas tree, elaborated appetizers, beef wellington, trifles, charlotte royale, and so much more. Zone in on a few inspiring recipes and go at it. Get lost in the creative process, enjoy the moment, engage your children and your partner.

I know, I know! I hear you - "children and partner?!" If you can't get the kids off their screens to help you or to initiate the fun, no problem. Rural internet is infamous for its poor connectivity, meaning it can easily crash at the most inopportune time. In our household, we have been guilty of creating such "crashes" on a few occasions with the flick of a switch on our router, unbeknown to the intended captive audience. Worked every time. Suddenly bored to tears, the children (and later, teens) become receptive to a hands-on experience.

But wait! There is more. You must use local ingredients to the extent possible. What better way to thanks and celebrate our local producers?! Without them, we would go hungry, and the diversity and the quality of our food would not be the same.

In the end, though, should that fancy meat pie burn or that souffle deflate, all is not over. Most restaurants (from fast food to fine dining) do takeaways nowadays. Call them, place your order. Or, check them out. A few are trying new ways to serve you, including lighting up outdoor fires or heat lamps on nice days for your enjoyment.

On Christmas Eve or Christmas Day, once the internet will have "crashed again," turn off the lights, light up the candles, start the woodstove or the fireplace and play soothing Christmas music. You are now ready to savour the moment and create what might become some of your best memories.

My present to you is a few pairing suggestions with locally produced mead, spirit, wine and beer to enjoy with your culinary creations.

Cheers!



Renée Delorme
Sommelier

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Pairing Suggestions For The Holidays

Mead

Dry, off-dry or sweet. Light or full body. Herbal, fruity or spicy. There is an award-winning local honey wine out there that can be paired with pretty much any of your holiday dishes.

Chinook Arch Meadery,
www.chinookhoney.com, Okotoks

Vanilla Bochet

Based on a 14th-century recipe, this semi-sweet dessert mead reveals aromatics of roasted marshmallows and caramel with notes of apricot. Delicious on its own or with fruit cake, crème caramel, or shortbread cookies.

Fire 'n Spice

This mead has aromatics of mulling spices and warm apple cider. Enjoy warm or cold and pair with aged cheeses, fruits and nuts, or melted brie with caramelized onion - yum!

Cherry Seduction

The fortified, semi-sweet mead (16% alcohol) has fresh notes of cherries. Pair with creamy puff pastries or black forest cake.

Spirit Hills Winery,
www.spirithillswinery.com, Millarville

Bonfire

It is an elegant semi-sweet honey wine revealing dark berries, sweet spices. Serve warm or cold. Turn this wine into a warm mulled wine and/or pair it with custard-based desserts, creamy soft cheese, or aged cheeses such as cheddar or gouda.

Saskwatch

Much like a full-body dry red wine, this mead offers aromatics of black currants, oak, vanilla, and smoky notes. It is assertive and medium to full body with a good finish. Pair with your terrines, venison dishes, that challenging beef wellington, or easy lightly spiced sausages.

Spirits

Eau Claire Distillery,
www.eauclairedistillery.ca, Turner Valley

Precise, bold, imaginative and committed - these are words that sum up this celebrated distillery. Their holiday offerings will warm up your heart and souls.

Christmas Gin

Frankincense, Myrrh infused gin with 23k Gold sparkles.

The ancient spices enhance this gin with a hint of lemon and balsamic aromatics. Pair with appetizers that showcase smoked cured salmon, goat cheese, stuffed mushrooms, Asian pork dumplings, and tapas.

Rupert's Whisky

Is an approachable yet, complex whisky with sweet aromatics and flavours of red berries, chocolate, baking spices, dried fruits and a nutty undertone. Try it with your Christmas cake, dark (low sugar) chocolate desserts, terrines, and liver pate.

Beer

Fahr Brewery, www.fahr.ca, Turner Valley

Fahr Brewery keeps on winning awards and accolades for its German styles beer using local ingredients and precise methods.

Hefe

A classic wheat beer with a hazy fizz and a smooth, fruity, medium body. Aromatics of wheat grass, pepper, banana, and clove. A must-try with light appetizers, delicate paté, and the traditional honey glazed ham roast.

Munich (Seasonal)

It is a serious-looking beer that is dark, rich and complex. Yet it is very approachable and easy to enjoy with its notes of chocolate, coffee, and dark fruits. Pair with rich, savoury food such as meat pies, roasted vegetables, pot roast. You might even want to try it with dark chocolate and nut-based desserts.



Alkoholfrei (0.3% alcohol)

Dealcoholized beverages are a fast-growing and improving segment of the market. This beer is an award-winning lager style beer made with a unique technique ensuring flavours are not sacrificed. Alkoholfrei is an all-around good beer with citrusy notes for your casual evening when you need to keep your focus on the high stakes of that Monopoly game.

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The holiday season is here! Time to break out that credit card and buy this year's gifts with next year's money! It's going to happen anyway so why not help out the Trails Association and get some amazing gifts? Really, it's a double win!

Overall, GBCTA has invested more than \$4.1 million in the trails over the past 12 years. We have constructed more than 110 km of new multi-use trails, and upgraded some 30 km of existing trails to create a world class 177+ km public trail system. Our 2020 budget is close to \$1 million, an amount that is provided by grants, sponsorships and donations. So come and join us for

our first-ever online auction and get a jump start on your holiday shopping. Happy holidays from GBCTA!!

Nov 28, 2020 9am – Dec 15, 2020 9pm
givergy.ca/braggcreektrails

Check our website, Facebook and Instagram for more information. We appreciate the support from all of our donors. Thank you!

XCBC Homeschool Cross Country Ski Lessons

These classic cross country ski lessons will be geared to children who are new to Nordic skiing as well as those that are interested in working on their technique, spending time with others, building confidence, and having fun! Lessons will take place in both West Bragg Creek and Redwood Meadows. Participants are required to be a minimum 10 years of age. Instructor: Ann Sullivan, Registration through Zone4 (search for "Homeschool")

Classes will be held January 12, 19, 26 and Feb 2, 9 & 16 (6 Tuesday Sessions), 1pm-2:30pm.

Cost is \$90, plus XCBC club membership of \$5 and Cross Country

Alberta/Nordiq Canada fees of \$20 (mandatory insurance coverage). For more info please contact programdirector@xcbraggcreek.ca

Trail Blazer Award – Alf Skrastins

The Trail Blazer Award is given out annually by Alberta Trail Net to a well deserving trail steward. Alf Skrastins, volunteer for the GBCTA, has put in over 1750 hours of volunteer time this year (and many previous years too!) What can you say about a guy who spends more time on trail, either building or recreating, than anyone we know. His passion and expertise on anything trail related makes him a true trail blazer, and the GBCTA organization are fortunate to have him as part of our crew.

Many thanks for your leadership and dedication to the WBC trails as well as many other trails in Alberta and beyond. There are so many who benefit from your work.

For further information on any of these articles, or any other items, please contact info@braggcreektrails.org



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The holidays are a magical time, but Christmas traditions, decor, and celebrations can lead to accidents (or worse) if you're not careful. Here's how to keep your family safe and healthy through to the New Year.

1. Your tree is a fire risk — even if it's fake: While Christmas tree fires aren't super common in our area, when they do happen, they're likely to be serious. So, keep your tree at least three feet away from all heat sources such as fireplaces, radiators, and heat vents. If you have a real tree, remember to keep it watered and use electric lights — not candles — to light it up. Be sure to choose a sturdy stand so the tree won't tip over.

2. Don't overdo it on the lights: As much as you may want to cover every inch of your house with lights, you may have to scale back depending on your outlets. Check the packaging for the power output and never plug in more than what a power strip or outlet says it can handle. Use indoor lights, indoors. Use outdoor lights, outside. Be sure to unplug indoor lights when you leave the house.

3. Candles are pretty, but they're still open flames: December is the peak time of year for candle-related house fires, according to the NFPA. Keep lit candles at least 12 inches away from surrounding objects. Trim wicks to a quarter of an inch before you light them and never leave lit candles unattended.

4. Never toss anything but logs into your fireplace: Don't try to burn evergreens

or wreaths in a fireplace or wood stove. Tree needles burn much faster than logs, creating sparks, which can fly into the room or onto the roof. They can also cause a build-up of creosote, a highly flammable compound, in the chimney. Don't burn wrapping paper, because it can contain metallic materials that could be hazardous to breathe in.

Make sure the fire is out and the embers have cooled before you leave the house or go to bed. Put the ashes in a metal bin that's at least 25 feet away from the house. Have your chimney professionally serviced annually.

5. Watch the clutter: Extra decorations means more tripping hazards!

6. Festive favorites aren't safe for everyone: Candy canes and candy can become a choking hazard for wee ones! Holiday cooking can contain allergens that aren't safe for some in your cohort — be sure to ask about allergies.

7. Don't forget the outside of your house: Keep your driveway and walkways

clear of ice and snow. Be mindful when decorating the exterior of your home to not impede access points for first responders — our gear takes up more room than you think. Be extra careful as you're shoveling your property and pace yourself so you don't tire yourself out. Wear proper boots with enough traction and "walk like a penguin" on slippery surfaces, taking small, slow steps.

8. Play safely: If you're planning to enjoy some outdoor time, plan your trip for the conditions and your experience-level, wear the appropriate gear and tell someone where you're going and when you'll return.

On behalf of the members of Redwood Meadows Emergency Services and our families, we wish you a safe, happy, covid-aware holiday season and a happy new year! If you need help, dial 9-11 (do not call the station as the phones aren't manned) and we'll be on our way to you as quickly as we can.




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Remembering Councillor and Former Reeve Larry Spilak: Along with Foothills County Council, Admin and Staff, we express our great sadness on his untimely passing on November 6, and remember, with appreciation, Councillor & Former Reeve Larry Spilak's many contributions and dedication to our community, while sending our deepest condolences to his family, his wife, Danielle, and son, Ben. Larry was on Council for over 13 years and spent 9 of those years as Reeve. He generously provided his time and business experience to the County in the promotion and creation of recreation facilities, a full-time fire service, and many other projects and services now provided in the County. We will be forever grateful of his time spent serving the residents of Foothills County and for the support

he has always provided to staff. The Scott Seamans Sports Rink and the Regional Fieldhouse are part of Larry's legacy that will serve generations to come. He greatly admired the diversity throughout the County and kept a watchful eye on Division 6 where his constituents cherished him. He was a huge supporter of all the work we do, believing that staff was the heart of the organization. Larry was a champion of the County and will be missed!

SW Calgary Ring Road: Thank you for your communications regarding the state-of-affairs resulting from the closing of the 37 St. connection to Highway 22X/Stoney Trail, which has impacted many travellers who access SW Calgary from this area. Just wanted to let you know that we are getting the attention of MLAs, Alberta Transportation, AT Minister and Calgary Councillor Colley-Urquhart with the request that a solution to improve the condition of the 53 St./146 Ave. route be found or the actual SWCRR access be opened earlier. 53/146 lie within the boundaries of the City of Calgary and therefore the County cannot grade these roads. We await a response that makes sense, since the SWCRR

completion date is a year away and this issue is directly-related to the construction of the ring road. Complaints about these roads can also be called in to 3-1-1, the Calgary phone line.

RMA: Our Rural Municipalities of Alberta (RMA) Conference took place on November 3 and 4, giving our Council the opportunity to participate in our first "virtual" conference with this organization, as we usually travel to Edmonton for this. We heard from provincial ministers, the Premier, guest presenters and chose a new RMA President (Reeve Paul McLaughlin from Ponoka County) and a new representative for our South RMA Zone (Reeve Jason Schneider from Vulcan County). Along side, we participated in meetings with Mayors and Reeves and RCMP K-Division reps regarding policing in the County pilot project, cost model and plans within the organization. We asked questions at Ministerial Forums and also took part in the 20 resolutions session to bring attention to matters of importance and ask for RMA support to lobby on priority topics.

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Continuing as Reeve on a NEW Way Forward: At our annual organizational meeting on October 21, 2020, our Council gave me the opportunity to represent Foothills County as Reeve for a second year. I will also continue to serve you as your Division 4 Councillor - just have some more homework, meetings and chair the Council meetings. I thank Council for their support, and also note that Division 1 Councillor, Rob Siewert, continues as Deputy-Reeve.

In 2020, we have worked together to navigate health, operational and economic challenges. Along with our talented Team, I hope to bring creativity in the face of challenge, champion our rural perspective and assets, and strategize for a beneficial future for Foothills County residents. Our Team effort in 2020 has required a NEW level of adapting to circumstances and being resourceful, a new way to manage our organization yet keep work and services flowing, a new level of consideration and being responsive to hardships, and a new chapter in our emergency management plan "on responding to a pandemic" to add to flood, fire and other events.

Along with our Council, Admin and Staff, I look forward to creating NEW opportunities, as a partner in our community in recovery, by streamlining our processes and reducing red tape, bringing services to our Industrial Corridor and attracting business, tackling rural crime for a safer environment, maintaining our service levels amid reduced income and uncertainty, keeping taxes steady to keep the burden lower on residents, and solving planning, service and infrastructure issues.

Wishing you a Merry Christmas and a New Year filled with health and happiness!

*Best Regards, Councillor Suzanne Oel
For Other News & Updates:*

*Please visit my website: suzanneoel.com
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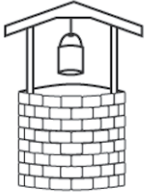
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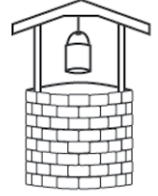
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<i>Equipment/System</i>	<i>Maintenance Required</i>	<i>Recommended Frequency</i>	<i>Risks/Results if Neglected</i>
Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually <i>(as per Alberta Environment)</i>	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year <i>(as per Alberta Environment)</i>	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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We are as disappointed as you are to cancel or put on hold our annual events this year. The Priddis Community Hall and grounds are open with restrictions for COVID-19. Outdoor activities seem to be what everyone is needing this winter. Weather permitting, the Priddis hockey rink should be open late November or early December. The Hall parking lot has limited space so please respect social distancing. Check our website for updates and current information – www.priddisalberta.com

PCA Memberships Now Due: It is time to renew your annual Priddis Community Association Membership. Membership forms can be found on the PCA website under Memberships. For your convenience payment can now be made online by e-transfer to: priddisassociationpayments@gmail.com. When paying online, please email a completed copy of the membership form to priddissecretary@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store.

Business Memberships are also due, and e-transfers will also be accepted. If paying by e-transfer, submit your payment to priddisassociationpayments@gmail.com and email the completed Business Membership form to priddissecretary@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store. Go to www.priddisalberta.com. How easy is that!

Telus Monopole at Meota Gas Co-Op: Meota Gas Co-Op in Priddis has recently posted signage in front of their building notifying area residents of their desire to have a TELUS Monopole Tower installed on their property.

This tower would stand at 33 meters tall and would be visible from the hamlet. Only residents within a certain distance of the proposed site would have received information in the mail from the County. The Priddis Community Hall falls within the boundaries of those required to be notified. The PCA felt it was important to let our membership know of the proposal. For more information about the proposal and to have the chance to comment, please follow the link: rebrand.ly/AB003050

Priddis Early Learning Program - PELP: PELP welcomed Ms. Kelley Leece as our classroom assistant for the 2020/2021 school year. We are only operating one class this year due to COVID-19. We would like to thank all our families for being so patient and supportive with the new COVID-19 policies and procedures.

A few spaces are still available starting January 4, 2021 for either the 3 or 4 year old program. Classes are Mon/Wed/Fri, from 9:00-11:30 a.m. The cost is \$200/month. No parent volunteering is required this year. More info about the program can be found on our website – see below. We are meeting/exceeding all AHS and government COVID-19 protocols. Prospective families can familiarize themselves with what is required of us here: open.alberta.ca/publications/covid-19-information-guidance-for-preschools

Our fundraiser is ongoing: Mabel's Labels – order your very own personalized holiday labels and stamps. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program


(Foothills). Website: campaigns.mabelslabels.com

Check out our website or email for more info, pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

Priddis Panthers Hockey: If you are looking for a winter activity for your child that teaches them the importance of teamwork and having fun, please consider joining the Priddis Panthers. There are spots available for children aged 4-6. No prior hockey experience is required as the coaches will take the kids through the basics of skating with a stick, turning, stopping, and the fun of the game. Under the guidance of Hockey Alberta, we have taken measures to protect the players and coaches by limiting the number of participants and the number of other teams that we interact with. Most games and practices take place in the great outdoors which further reduces the risk of contracting COVID-19. This is a low cost, non-competitive league that does not require a large time commitment or travel. Please email priddishockey@gmail.com for further information.

Priddis Rink Rebuild – Phase I: Update: The siding on the player benches should be completed by mid-December. Construction of the garage to house the Zamboni will start in the spring 2021. The Zamboni will be ready for use in December and stored in the Sea Can for the season. The new scoreboard will be installed mid-December. The plan is to have ice available end of November, early December, and then start hosting practices and games.

We will continue to follow the COVID-19 protocols of our league that are in alignment with Hockey Canada, Hockey Alberta, and Hockey Calgary. We are confident that these rules will keep our kids safe and able to continue to reap



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the benefits of organized sports. Signage will be at the rink reminding people of the latest recommendations from AHS regarding social gatherings. Please respect these guidelines when using the Priddis rink.

Priddis Library: The library reopened in September. Hours at the library in the old-school house are on Tuesday and Friday from 3:00 to 5:00. There is a great selection of children's books. Drop by to borrow a book or donate your used books. Thanks to Arlene, Geraldine, and Carol for volunteering their time to keep the library operational for the community.

Priddis Panther's Hockey Association Recycling Bins: Note: It is recommended that boxes with donations be sealed and smaller bags be used so they fit easily into the roller chutes.

The bottle recycling bins are located at the west end of the Priddis Community Hall parking lot by the rink. The bottle recycling program is a fundraiser for the Priddis Panthers Hockey Association. Thank you to everyone supporting this program with your beverage container recyclable donations for youth in our community. Please, only deposit containers indicated on the bottoms of the bins.

Booking the Hall: We are taking bookings for the Hall into this fall and next year. If we are unable to honour your

contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments by e-transfer to: priddisassociationpayments@gmail.com

To view or book the Hall, contact Mike, the Hall Rental Director at PCAhallrentals@gmail.com. Check the website www.priddisalberta.com for availability, pricing, and updates.

Staying Connected: Did you know that along with The Priddis Community Association's webpage we have a few Local Facebook pages to keep the community connected? These are great resources for seeing what is going on in the community, asking questions, finding out about local businesses and so much more. Be sure to check out the following Facebook groups:

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com
- www.facebook.com/Priddismoms

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website www.priddisalberta.com

Millarville-Stockland 4-H Beef Club

Millarville Stockland 4-H Beef Club off to a great start!

We started off the year with our club organization meeting. We had our club elections and voted for our executive positions. They are as follows:

- President – Justin Watkins
- Vice President – Jessie Blatz
- Treasurer – Tessa Ackermann
- Secretary – Clara Blatz
- Club Reporter – Maddie Watkins
- Historian – Tait Ackermann
- Parliamentarian – Chole McWhir
- District Rep. – Harrison Rawn

Weight in day was held on November 1 at Black Diamond Land & Cattle. Thanks to Black Diamond Land & Cattle for letting us use their facility for many years now. It looks like we will have a great set of steers to market this year. We also judged a class of prospect steers. Thanks to the Blatz family for supplying us with the halter broke steers to judge. It was the warmest weight in ever!

by Club Reporter – Maddie Watkins

PRIDDIS COMMUNITY ASSOCIATION

2020 - 2021 MEMBERSHIP FORM

Effective November 1st, 2020 – October 31st, 2021

*Business = \$50.00 Family Membership = \$25.00 Single Adult = \$15.00 Single Senior = \$10.00

*Business Membership includes the business listed on PCA website

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or mail cheque and this form to: PCA, 178131 Priddis Valley Rd W Priddis, AB T0L 1W1 or drop it off at the Priddis General Store. Do you wish to volunteer for PCA functions? Yes No

I would like to receive PCA emails of news and events in our community. Yes No



TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. We are well into winter now even though the first official day of winter is December 21. It started with a smallish blizzard the weekend of November 7. We had snow, sleet, and high winds blowing it all around, but not as bad as the Crowsnest Pass area. Saskatchewan got it good too while the east coast still had nice temperatures. We shall see what the rest of the season brings. Here's a look at what's happening in our beautiful Foothills to try and take our minds off of Old Man Winter.

So, due to the COVID-19 restrictions, the Town of Black Diamond will not be doing Light-Up this year. However there will be activities through town hosted by local organizations and businesses, please follow the town's website and social media pages for more details.

One tradition that is still happening is the Christmas Lights Contest. Mayor Ruth Goodwin will accompany some of the residents of High Country Lodge to select the winners, of which there will be three residential and three commercial. Judging will take place on December 3rd.

As for Turner Valley's annual New Year Eve Celebrations, they too will take on a different format this year. Plans to host a safe and compliant event are still in the works at this time of writing, but fireworks are definitely included. Stay tuned at turnervalley.ca for more info on New Year's Eve celebrations. It's been a long year but hopefully we will turn the corner on this COVID-19 next year!

The kids are out of school from December 21 – January 1st. I am thankful most of our children are safe and healthy. Every year approximately 102,000 children from Southern Alberta and across Canada rely on the

specialized care provided by the nurses and doctors at the Alberta Children's Hospital. **You can give the gift of hope this holiday season by participating in Western Financial's Magic of Christmas Toy Drive, in support of the Children's Hospital.** Drop off a new unwrapped toy by December 11 at the Western Financial Registry/Insurance in Turner Valley, 105-118 Main Street. You can also drop off your toy gift at ATB in Black Diamond or Focus Fitness.

Christmas is coming and why not donate this year instead of buying a lot of gifts. You can certainly donate in someone's name for their gift. Not for profit organizations in the Foothills can really use your help this year as they may not hold their fundraisers that they depend on. Please donate early, hopefully by December 4th, so that volunteers have enough time to get donations ready for gifting. Here are some suggestions: Oilfields Food Bank 403-612-1291, Baby It's Cold Outside Meal Hampers 403-660-3648. Seniors Secret Service, cash or gift cards 403-257-8339, and Rowan House Emergency Shelter rowanhouse.ca. If you are in need of help this year, please contact the above.

The Salvation Army is another trustworthy and long standing not for profit that needs your help this year. Donations of new unwrapped toys and gift cards, and financial donations are gratefully accepted, and volunteers are needed too. Call 403-652-2195 for how and where to donate or volunteer. Their kettle campaign runs until December 24, if you see them while out shopping, please drop some cash in their kettles! **And the Sally Ann is hosting their annual Santa Shuffle online this year!** The Santa Shuffle is a fun run/walk held between Dec. 5-12, and is held in partnership with the Running Room. Shuffle on over to santashuffle.ca for full details.

Another great gift idea is the annual STARS calendar. They also have other gift ideas online like clothing, accessories, hats, masks and hand sanitizer, and other neat stuff. STARS pilots work full time at their bases, and have a minimum of 3000 helicopter flying hours. Their helicopters are more expensive than other helicopters as they must be suited to fly in any weather and have night vision for flying in the mountains. Also onboard of course are the paramedics who are doing their jobs in extreme conditions. For more information about STARS and how to donate and shop, visit stars.ca or starscalendar.ca. You can also call them at 1-877-778-8288.

Sheep River Health Trust is pleased to present their annual Avenue of Trees. They partner with the Best Western in Okotoks into a Christmas Wonderland of beautifully decorated trees from Nov. 16 – Dec. 15 and also play host to Santa for 5 weeks of Photos with Santa. All funds raised support the Sheep River Health Trust, which buys extra equipment and support for health and wellness initiatives throughout the Foothills. Four ways in which you can help are to donate a fully decorated tree, sign up as a Tree of Hope sponsor for a minimum of \$500, sponsor an evening of Photos with Santa for \$500, or purchase a fully decorated tree for home or business. For information on any of these sponsorship opportunities visit sheepriverhealthtrust.ca.

Our local SPCAs and animal rescue services are again seeing an increase in animals in dire need of forever homes. Almost Home Canine Rescue YYC (check them out on Facebook or



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their website) needs medium to large kennels, dogfood, cleaning supplies, and money for vet bills. They have a lot of dogs and their puppies that have gone through horrific times and their tireless staff and volunteers plow on to rescue as many as they can. Foster homes are needed too. Please consider them and Pound Rescue, High Country SPCA, Heaven Can Wait, this Christmas if you are an animal lover. And don't forget to bang on your hood before starting your vehicle as feral or abandoned cats may be sleeping in your still warm engine. Good habit to get into.

This season let's also consider shopping local instead of box stores or Amazon. Gift cards are available for most of our local businesses or find the perfect unique gift for all on your list. I looked in Turner Valley's business directory and there are 119 listings. Black Diamond has 133 listings for businesses so they are certainly no lack of diverse shops to choose from.

And what about gifts that don't cost money? Gifts that don't need plastic to send and will be forgotten soon? Kids pick up on your feelings really fast, if you haven't noticed. ***If you are excited about having a magical Christmas with little money and donating time and effort instead, they too will get excited.*** Unsubscribe from advertising emails and toss catalogs in the recycling. Skip TV commercials,

and have kids make gifts, draw pictures and cards, and search online on how to help others, or donate through one of the suggestions in this column. Go for a walk/drive to look at Christmas lights, have a family dance party. Give each child/family member a box to fill with donations. Make paper snowflakes and paper chains. The Library has lots of Christmas books and stories. Downsize your giving, honestly, who is going to complain??? Children benefit from having fewer toys, and most of us don't need another store-bought item.

Make a list of all things you usually do at Christmas. Highlight everything that costs money, and find creative ways to replace them for free. For example, make your own Advent calendar. I remember my Mom made one out of felt and wrapped little candies or a nickel (back then that was good money). ***And GET OUTSIDE as often as you can. Be a snow angel and help shovel other's walks.*** Make a snow angel. Studies show most of us are vitamin D deficient and it makes a big difference just to get outside for fresh air and sunshine. As old fashioned as it sounds, Christmas comes from the heart and not the pocketbook.

Our local Legion won't be hosting their annual Kids Christmas parties this year, but are sure in the spirit anyhow. They have a progressive 50/50 online with the draw date on December 18. Pop by for dinner or lunch, kids are

delightfully welcome, and you don't have to be a member to enjoy our Legion. ***Thursdays are wing night, and they have breakfast on Saturdays.*** Check out this awesome organization and you will feel like family when you come. They are on Facebook for more information.

If you have wondered what is going on in Black Diamond on the northeast side of the bridge, the town is making a parking lot, washroom, and picnic area with river access. The home that was there has long since been removed. Due to weather, work will resume in the spring. This will be an asset I feel so people can park there instead of on the side of the road between our two towns, and not cut through private properties to get to the river. I also look forward to the Field of Dreams baseball park being utilized next year, fingers crossed.

Do you remember comedian Johnny Harris doing a free show in the Flare and Derrick last year? ***Well, that show is finally going to air on CBC on December 8th at 6pm. The show is called Still Standing*** and features small towns in Canada that are still standing. I look forward to seeing this show!

If you have any news, events, or whatnot for the January issue, please drop me a line at elaine.w@telus.net. The deadline for this issue is December 15. Best wishes for a safe and happy holiday from me and High Country News.

Elaine Wansleben



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Longview Library

In recognition of the International Older Person's Day, Foothills FCSS is offering an opportunity for seniors to share their stories of resiliency and of how they coped. Stories can be written by hand or typed and the library will hand out writing kits to assist with this. The entries will be published sometime in the new year.

Both the Crib Club and Writers Group have resumed meeting, but because of COVID-19, they are not accepting any new members.

Laura Hayward of Turner Valley has donated another of her grand daughter's award winning books about Cowboy Cody This one is called *Rope, Sleep, Repeat*. These are very special books, beautifully illustrated and informative. Becky grew up in Okotoks, lives in Brooks now, and has competed in barrel racing for 30 years.

We at the library are very sad that a dear and treasured volunteer and friend, Peggy Gillis, has passed. Peggy spent hours and hours in the library and we are very indebted to her and will miss her.

We have been approved for a \$2,000 grant to run the Create, Read, Play and

Eat Program by Foothills FCSS. These will begin in the new year, running for 10 weeks.

New books in the library are:

Anxious People by Fredrik Backman

Where the Crawdad's Sing by Delia Owens

Nine Perfect Strangers by Liane Moriarty.

A good winter's read is *The Finder*, by Will Ferguson, author of *419*, for which he won the Giller Prize. It is a literary thriller that takes place in New Zealand and Australia. Ferguson draws from the stories of Alfred Hitchcock. His prose is exceedingly beautiful and each page is a joy to read.

*A very Merry Christmas to all,
Sylvia Binkley, sliv@telus.net*



Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We usually meet at the Millarville Anglican Church house. Our next meeting is on Tue, Jan 12, 2021 at 7:30pm. We will be having a Zoom meeting for January. Please contact Sheila to be registered for the link. Merry Christmas & a Happy New Year! Also, please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15/year. We welcome new members. For more information, email svirgo@mithril.ca or call Sheila at 403-931-3989.



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Holiday Season at the Library.

The end of 2020 is almost upon us. Christmas is fast approaching and will more than likely be celebrated differently this year. If you have decided to do your present shopping online, but are fearful of porch pirates stealing your packages, never fear. You can have your parcels delivered to the library for pick up. Just call 403-933-3278 to get the delivery info and let us know to expect your packages. You can pick up whenever the library is open. Because of the COVID-19 protocols and restrictions, we will not be having Stories with Santa or our annual Volunteer Christmas Banquet this year, but we are still collecting new toys for the Salvation Army until early December. Please bring in your unwrapped item and place it in the decorated box at the front desk. The need is greater than ever this year, so your generosity is appreciated.

With the return of winter, we also have the return of the snow which provides the opportunity for many outdoor activities. The library has snowshoes and micro-spikes which can be taken out on your Sheep River Library card for up to seven days. Snowshoes are available on a first come, first served basis. We do not hold these items in reserve.

We would like to thank our patrons for following the protocols put in place in the library during the ongoing pandemic. We remind library users to continue to practice physical distancing, use hand sanitizer and hand wash frequently. Masks are not mandatory, but we suggest they be worn if you are unable to distance from other patrons. We are still quarantining returned items for 3-4 days. These items will still show on your account until they are checked in. No fines will be incurred during these extra quarantine days. You may have noticed that your holds are taking longer to get to you than normal. This is because of

the same measures being applied at the system headquarters your items travel through. Please be patient. If your item is taking more than 30 days to arrive, we will investigate at that point. As we deal with the pandemic and all the changes it brings, we find we are continually adapting as far as programming goes. Some advertised programs have been cancelled or put on hold. Some have moved to a virtual format. If you are not sure about what is happening with a program you have been attending, please call the library for an update.

We welcomed a new member to our staff team in October. Susan is a retired librarian from Calgary who has returned to the community where she grew up. That also makes her an Oilfields High School alumna. We welcome her back to Diamond Valley and to the library.

Our holiday hours are as follows:

- Closed: Dec. 24, 25, 26, 27, 31 & Jan. 1-3
- Open: Dec. 28-30, Noon - 4pm

Merry Christmas from your faithful library elves: Jan, Gita, Teagan, Doris, Virginia, and Susan.

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The current health measures affecting our area have postponed plans to host the **2020 Turner Valley Family New Year's Eve**. While it is unlikely a celebration can be held, fireworks may be presented if the outdoor gathering guidelines can be safely met. Please stay tuned – watch for updates at turnervalley.ca and Turner Valley FB and Twitter pages. Thank you for your understanding and patience.

**Town of
Turner
Valley**

Visit www.turnervalley.ca for updates

Red Deer Lake United Church

Along with other faith communities, we are beginning to carefully offer in-person services at our church. At this time, we are planning to hold two services in our sanctuary on Sunday, December 13 -- a regular service at 10:30am and a Light & Lament Service at 7pm.

These services will be limited to 40 people. Everyone attending the services will need to pre-register on our website – reddeerlakeuc.com – or by calling our office at 403.256.3181.

The remainder of our Advent services will be posted on YouTube and our website for you to enjoy each week. Watch all of our virtual services here: reddeerlakeuc.com/sundayvideos.

We also hope to offer an in-person Christmas Eve service in our sanctuary at 4pm. If you choose to stay home and participate in an online service on Christmas Eve, we are planning two virtual services as well: one designed especially for families and a traditional service that will be available online on December 24.

If you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at office@reddeerlakeuc.com.

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

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Square Butte Community Association

The board has made a wise decision to postpone the Hall's AGM due to the increase in COVID-19 restrictions and infections. The proposed new scheduled date for the event will be April, 2021, hopefully by then we will see some relief from COVID-19. We would like to acknowledge the 32 volunteers who have helped out at the hall over the past year. Many of these volunteers worked at more than one function or work bee. It is due to the interest and continued dedication to helping others that enables us to remain a vibrant community.

The board would like to wish everyone a wonderful Christmas and hope you celebrate with your closest of family and friends. Stay safe and reach out to whoever you can.

Square Butte Ladies Group

The ladies group has been quite successful in raising funds for the many charities they sponsor. They raised \$1,675 for their custom baking effort this summer, \$1,448 quilt raffle ticket sales, and \$380 COVID-19 masks. Very impressive for a small group of ladies who never give up on helping others. They will be donating \$500 to the Foothills Christmas Hamper Program which gives to families in need. They are doing a Christmas food drive for the local food bank this month along with their usual \$2,500 donations to other local charities. Thank you to all the patrons who support the group, it is so appreciated.

History of our Community

Q Ranch & Kendall Stock Company

The Q Ranch (from which the name Kew post office is derived) was very

successful. Many of the early settlers were very colourful in their language and John Quirk was no exception. The Quirks were staunch Roman Catholics. One evening when the guests included two priests, the argument grew very hot and finally Kate (Mrs. Quirk) broke in, "Shame on you Johnny, talking so with the Fathers here." "To hell with the Fathers," he shouted and carried on unabashed. But he became deeply involved in the election of 1896 when his conviction that the Conservative candidate, "Billy Cochrane, of the Cochrane Ranch, had insulted the Roman Catholics," which drove him into what must have been an uneasy support of Frank Oliver, that apostle of WASP supremacy.

In 1923 Gene Kendall arrived in Alberta from Los Angeles, California, he was searching for land to fulfill his dream of ranching. He purchased the former Quirk Ranch and where he brought his bride Kathleen (Buffalo, Wyoming). Gene introduced purebred polled Hereford cattle to the area. He was very successful with his cattle, winning many prizes in livestock shows in Calgary. Kathleen and Gene had 4 children: Wm. (Bill), John, Marie (Dibbie), and Frank. The family was very community minded and participated in all sports and activities. Gene was a great sportsman, hunting and fishing in the nearby mountains and foothills. The whole family was an integral part of the community, holding high standards which garnered them much respect in the area.

by Mary Ann Watson

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Thank You To Our 2020 Donors, Partners And Volunteers!

When the clock struck midnight on January 1, 2020, none of us were really sure what the year ahead would have in store. January and February our plans were taking shape, but by March we had started down a challenging and uncertain path. With a global pandemic, it has been a year that has at times seen heartbreaking loss, but also triumph and inspiration in the face of adversity.

In March we were faced with no longer being able to engage with students with on-site programs, and as the months passed, we made the decision to cancel in-person day camps. What resulted was an amazing effort made possible by our volunteers, the ASCCA's first-ever virtual day camp experience, Nature

Safari Webbed. In July and August, with the hard work and passion of those involved, we were able to offer four exciting themed weeks for our campers. Volunteers contributed daily crafts, camp songs, educational videos and more. Campers were even able to pick up a bluebird box to build and decorate with their family to be installed for mountain bluebirds at the conservation area.

After closing for a short time in March, we opened our trails in May, and saw an unprecedented number of visitors. To further engage with visitors, we created a new volunteer position, and had several Visitor Ambassadors interacting with the public at our welcome kiosk through the summer and fall. Following COVID-19 precautions, we had many students involved over the spring and summer with projects including a hiker information video and a bluebird box monitoring project. From September - November, we had two volunteers join our team from the Canadian Wildlife Federation's Canadian Conservation Corps (CCC) program, who installed several new motion-sensing cameras to capture wildlife, and assisted with outreach and education. We wish them all the best with their future pursuits.

It is said that the brightest stars appear in the darkest nights. Despite the

adversity we faced in the year 2020 we still had the much-needed help of many of our own shining stars in the community.

This year we would like to thank the following organizations for their support:

- Alberta Conservation Association
- A & W Shawnessy
- Blake, Cassels & Graydon LLP
- Chevron Canada Resources
- CWF Canadian Conservation Corps
- Foothills County
- Government of Canada CSJ Program
- Pembina Pipeline Corporation
- TD Friends of the Environment

We would also like to thank all of our volunteers and individual donors for making our work possible.

The Ann & Sandy Cross Conservation Area (ASCCA) is a 4800-acre day use natural area southwest of Calgary. It began as a land donation from A. R. 'Sandy' Cross and his wife Ann. The ASCCA was founded with the hope that it would be remain a protected piece of paradise and unique outdoor classroom.

Learn more at crossconservation.org and follow us on Twitter and Facebook at @ASCConservation.



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We're rapidly approaching Christmas, a Christmas that looks like it's going to be very different for all of us. We are so lucky to live where we do; to be able to go for walks, ski, snow-shoe, ride our horses and snowmobiles, and still get together with a few family members and friends in the great outdoors. There has been a great deal of interest in things we can do at home; cooking, knitting, quilting, carpentry, researching our ancestry, doing an on-line course, learning a new language, and of course, reading. Thank goodness for our libraries!

And yes, the Millarville Library is open for business. Our hours are limited still as most days are traditionally manned by our enthusiastic volunteers, and government restrictions do not allow for the use of volunteers right now. However thanks to our librarian Natasha Grusendorf and members of the Library Board we are open for the following hours:

- Tue: 9 - Noon; Wed: 1 - 7:30; Thu: 1 - 4

Our Christmas holiday hours are as follows:

- Tuesday December 22: 9 - Noon
- Wednesday December 23: 1:00 - 7:30
- Wednesday December 30: 1:00 - 7:30

If you go into the library you will notice our new (to us) shelving which allows us to display more books in the streamlined wooden shelves, while also giving us more space. Natasha has been busy culling old books and buying new books. There are some wonderful new books on display, particularly children's books. And there is also a great selection of used books in the front lobby (bag of books for a buck - great stocking stuffers!)

And as always you can browse and order books and other materials online at tracpad.ab.ca. It is taking quite a bit longer to get books as all returning books have to be quarantined. All requests are handled through Marigold. If Millarville gets a request it pulls that book which is then sent to Marigold HQ and they send it on after a suitable quarantine period. So you should expect your books to take an extra few weeks to arrive.

And of course you can also access all of [marigold's](http://marigold.ca) online offering at tracpac.ab.ca. Feel free to call Natasha at the library if you need any help or advice.

One of Millarville's new books is *No Time to Spare: Thinking about What Matters* by Ursula Le Guin. In this series of essays Le Guin explores a wide variety of topics from the personal to the political and the poetical, from capitalism to cats and creativity. But where it really shines is in its language. "Words fasciate me," Le Guin explains, "the way a box elder beetle fascinates my friend Pard" (her cat). "Words are my skein of yarn, my wet lump of clay, my block of uncarved wood" she explains and then quietly astounds us with the carving.

Also we have a new children's book, reviewed by Kelly Nutbrown: Jan Brett's *Christmas Treasury* is a new addition to the Millarville library and just in time for Christmas! Jan Brett is one of our family's favourite authors. Her characters are a mix of beautiful woodland animals, delightful and mischievous trolls, and people. The stories are exquisitely illustrated with each page having a border. The borders contain so many extra little details about the story that my children are a lot slower to turn the page, not wanting to miss anything. Jan Brett's tales are delightful and pull children into the story. Her books are my go-to for storytelling! With 7 of her stories in one book, this Treasury will soon become a family favourite.

Merry Christmas to you all and very best wishes for 2021 - bring it on!



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“Καλά Χριστούγεννα” or “Merry Christmas”

by Andrea Kidd



Do you say “Merry Christmas!” or “Happy Holidays!”? Which do you prefer? Does it matter to you? Does the greeting “Merry Xmas” exclude Jesus out of Christmas?

Some say “Merry Christmas” to celebrate a very special birthday because they believe Jesus changes us for good; because He dealt with the inherent human burdens of shame, hate and judgment.

Others say “Happy Holidays!” believing Christians should keep “Merry Christmas” to themselves. After all, they reason, it might be offensive to a Jew or Muslim or Atheist. A Jew doesn’t say “Hanukkah Sameach!” to everyone

he or she meets. So, some reason, only Christians should celebrate Christmas.

It is good to respect others. If your friend is offended when you say, “Merry Christmas!” then try a different greeting. If your friend is offended when you say, “Happy Holidays!” then respect his preference.

When Jesus was born, the message of the angels was “peace on earth, goodwill to all people”. It is a good message; no malice intended. Jesus said, “Peace I leave with you; my peace I give you.” (John 14:27a NIV) Peace, when it finds an open mind to receive it, will overflow to those around.

The Greek letter “X” has been used for centuries as shorthand for the name “Christ” (Χριστός). Rather than negate Christ, the greeting “Merry Xmas” proclaims Him.

Saying “Happy Holidays!” or “Merry Xmas” may give the impression of excluding Jesus from Christmas celebrations but does not negate the faith of Christians; it cannot undermine a well-founded faith.

No need to change the greeting, or, change it if you like. It doesn’t really matter because it is Christ who changes minds.

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Mortgage Matters

By Candace Perko, Mortgage Broker

What Should We Expect In 2021?

2020 will be remembered as a year like no other. What should we expect as we close out 2020 and move into 2021?

Housing: Canada's housing market continued to gain momentum and defy all expectations in 2020, despite the ongoing pandemic. Housing prices were expected to fall by anywhere between 9%-18% (CMHC), even up to 30% by some economists, by all accounts a housing crash was looming. Yikes! But it didn't happen ... mostly because there was a major financial support available at the time - mortgage deferrals. However, mortgage deferrals expired over the summer/early fall for most borrowers. During this second-wave carrying us into 2021, we still

have the Canada Recovery Benefit and the Enhanced EI to help us pay for homeownership costs if necessary. But with new COVID-19 surges, continued record unemployment and the potential of renewed lockdowns, without another round of mortgage deferrals or additional supports for mortgage costs, some Canadians may find themselves in arrears and/or needing to sell in 2021.

Increased Examination Of Mortgage Borrowers:

Securing a mortgage in a COVID-19 economy has already proven to be much more difficult. Lenders are exercising increased examinations on every application they underwrite. Lenders are being much more cautious about who they lend to, income they'll accept, credit & debt expectations, and often requiring more onerous documentation to substantiate an overall application. A common complaint about applying for a mortgage is that it is very exhaustive collecting the documents, oh don't I know it! Moving into 2021, you

can expect continued requests for supporting documents so be ready, prepared and organized.

Low Interest Rates: Housing demand has been driven by all-time-low-interest rates giving Canadians access to cheap mortgage costs. The cost to borrow money for a mortgage has never been lower and according to the Bank of Canada and most economists, we can expect rates to stay low for sometime. Note as of this writing (mid-Nov) the bond rate has been increasing since the US election and fixed rate increases are a possibility! However by all accounts, interest rates are going to be low for a long time.

Consumer Debt: Ongoing low rates contribute to rising consumer debt, which is a cause of worry. Canadian overall mortgage debt reached \$1.71 trillion in September, a 5.67% annual increase. Overall consumer debt increased 2.8% to \$1.99 trillion. The country may see a rise in delinquencies and insolvencies into 2021 if consumers don't adequately manage their finances.



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I share my warmest wishes for a holiday season filled with joy, and a New Year of peace and prosperity. Thank you for your business!

*Candace Perko
Mortgage Broker*



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**A Tale That Speaks
Truth & Touches Lives**
by Duane Harder



In October of 1843, Charles Dickens set out to write a story that he hoped would help alleviate his financial pressures. In a record six weeks he produced *A Christmas Carol*. Money was not his only concern. Dickens heart was tender towards the plight of the children in the workforce and also those suffering handicaps.

The first publication of the book (6000 copies) sold out quickly and even though the immediate revenue did not meet his expectation, the effect of the story was immediate and long lasting.

So, what is there in *A Christmas Carol* that still touches a nerve in 2020? Let me give you a short recap of the story.

It begins on Christmas Eve seven years after the death of Ebenezer Scrooge's business partner Jacob Marley. Scrooge is established within the first chapter as a greedy, stingy businessman who has no place in his life for kindness, compassion, charity, or benevolence. Scrooge has a dream and in it is warned by Marley's ghost to change his ways. He then is visited by three additional ghosts who accompany him to various scenes with the hope of achieving his transformation. The first of the spirits, the Ghost of Christmas Past, takes Scrooge to the scenes of his boyhood and youth. The old miser is put in touch with his gentle and tender side and reminded of a time when he was more innocent. The second spirit, the Ghost of Christmas Present, takes Scrooge to several radically different scenes: a joy-filled market of people buying the

makings of Christmas dinner; the family feast of Scrooge's near-impooverished clerk Bob Cratchit; a miner's cottage where there is joy and celebration; and a lighthouse, among other sites. All of this with the intended purpose of evincing from the miser a sense of responsibility for his fellow man. The third spirit, the Ghost of Christmas Yet to Come, harrows Scrooge with dire visions of the future. He is being shown the outcome of his life if he does not change his ways. Scrooge sees his own neglected and untended grave. This prompts the miser to avow that he will change his ways in hopes of changing these "shadows of what may be." In the fifth and final chapter, Scrooge awakens Christmas morning with joy and love in his heart. He spends the day with his nephew's family after anonymously sending a prize turkey to the Cratchit home for Christmas dinner. Scrooge has become a different man overnight, and now treats his fellow men with kindness, generosity, and compassion, gaining a reputation as a man who embodies the spirit of Christmas. The story closes with the narrator confirming the validity, completeness, and permanence of Scrooge's transformation.

What is there about the Christmas story that touches the heart of a Scrooge and evokes change? There is something deep within us that resonates with the desire for family, the care and attention of others. We long for peace to encompass the globe, for hostility and hate to give way to brotherhood, and animosity to be swallowed by goodwill.

A Christmas Carol expresses the heart of the Christmas story. Heaven invaded earth. Jesus Christ demonstrated life as our Creator intended it. He touched the outcast, gave hope to the broken-hearted, exposed the sham of

self-righteous piety, crossed cultural barriers to restore those engulfed in shame, and extended forgiveness to those imprisoned with guilt. At the end of His life, He became the human blotter that absorbed all the puss of depraved human behavior. He took the guilt, shame, ignominy and curse of our wrong and made atonement for us on the cross.

The babe in the manger speaks to the hope that is in us for something better. After watching the movie, *I Can Only Imagine*, I had the privilege of talking with the manager of the theater. I asked if the attendance that night was reflective of the six nights it had been showing. She said, "Yes, it has had remarkable success." I then asked, "Why do you think people are coming to see it?" She thought for a moment and then said, "I think it gives people hope. Perhaps broken family relationships can be restored." The movie is the true story of how the restoration of a broken relationship between a father and son launched the phenomenal success of the son's song *I Can Only Imagine*.

The Christmas story touches the deep cry within for hope: not the hope of wishful thinking or dreams of fantasy, but the hope that is anchored in the reality of the One who can bring transformation to a Scrooge, new life to the downcast, reinstatement of the disenfranchised and companionship to the deserted.

May this Christmas be a miracle Christmas when the light of the star leads you to the One who can bring life changing transformation into reality. Have a wonderful Christmas and may you walk in the light, love and likeness of the One who is the reason for our celebration.

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Out of the Rut *Chapter 121*

There seem to be more *what ifs* in my days. What if I did this next? Or didn't do that at all? What if that happens or the other? What if I let you go, swinging without a net as I jump from pillar to post? Will you follow?

Watching politics warp in upon itself can twist one's mind to oblivion. Hearing news of chaos and angst around our communities and the world can do worse. As we plunge into the thickness of winter and the longest days, our need for sunshine and outside activity deepens. The desire or motivation, however, often evaporates in seeming correlation to intensity of need.

Sudden fascination with new things or the energy to revisit an old hobby can brighten days – and provide great resources for presents too. On the other hand, apathy is another aspect of this year's changes that strikes numbing blows of pure aaaaurmmmmhhh... whaaaa? Juxtapose this with searing anxiety, the lovechild of endless new challenges, all to be met in isolation. All the souls who live alone...

Not being able to think of something, made me think of something. The wall that erects itself in my mind under pressure... the sensation of stunned inertia where usually a bazillion ideas, thoughts, images, words and feelings, tumble through trackless mental choreography. There are few moments when emptiness stuns thought into naught, but today is one of them.

Sun is gleaming, moving in a mysterious dance, half-veiled beyond shimmering Chinook clouds. Mountains sleep on the perimeter, swathed in dreams of warmer days, mists of memories, shrouds of hopes and expectations. Snow creeps toward us from the dust of their peaks. The warm echoes of the Pacific's thundering wave-whipped winds transform our air into Spring's

entourage. The mythic advent of next year's growth is already waving in the distance through the magic of our southern Alberta Chinook experience. Can you feel it?

I wax lyrical. And then not.

I travelled back in time again... to 1970/71, to the Peruvian journey my father took, which was the launchpad for our move to Iran. Fascinating details for me. As a small child so much is overlooked in memory's experience. To hear now how things came about is like opening yet another captivating historical story book. Once things digest, there's a fair chance more vignettes from past travels will bubble up in these pages some time down the line.

Yet onward, of course. Each day slips or skips away according to typing accuracy. With the current situation, it often feels as though I have forgotten something vital, like how to get up and go to work or school. Sometimes it feels like waking from a dream to realise this is the dream, and then to fall into confusion over how to wake up. Other times, the normalcy is overwhelming, nothing has changed other than everything... as is perfectly normal and has been going on for ever, presumably to continue for the same period. Good luck with that and all who sail in her.

Blissings for the beautiful and ever-changing new year!

With gratitude and love, Kat Dancer
bodymudra@gmail.com
www.kat-dancer.com,
415.525.2630, ph/txt/wtsp



Merry Christmas!

As we enjoy this special time with loved ones we hope that you all stay safe and healthy

Happy New Year in 2021!

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*Our office will be closed
 December 23, 2020 - January 4, 2021*



Roger Reid,
MLA



ADHD and Depression

by Roché Herbst, M. A. R. Psych.



What Is The Connection?

At first glance, ADHD and depression have a lot in common. Both make it difficult to concentrate, remember things, feel motivated or sleep well. They are also associated with moodiness and irritability. Once you get into the details, they look very different. ADHD and depression can occur together, though.

What Is The Difference?

Depression comes and goes. A person could spend large parts of their life not being depressed. The biggest difference is that ADHD has pretty much always existed across most aspects of your life.

Do People With ADHD Get Easily Depressed?

Just because you have ADHD does not guarantee that you will develop depression. However, it can trigger very powerful emotions as you live life with a few quirks. This could be socially, in school, at work or in relationships. You may forget about assignments or do poorly on tests because you could not force yourself to study. These issues may persist into your professional life, difficulty with paperwork and punctuality, or just trying to keep up with it all. You may be upset and offend

somebody without thinking. You may seem disinterested in other people because you struggle to focus during social interactions. You can become so demoralised in a desperate struggle to keep everything straight. *"ADHD makes a person's life harder, so it makes sense that they have more to be depressed about. This is especially true when ADHD difficulties persist. Bear in mind that the ADHD environment does not always lead to depression. Also consider genetics, biological or neurochemical factors. Everybody reacts differently"* (Greenberger & Padesky, 2016).

What To Treat First

If ADHD struggles are driving the depression, then it is primary and needs to be considered first. *"This often results in a two-for-one, because treating the ADHD improves the depression, making a person feel more effective and feel better about themselves. If the depression is severe enough that it interferes with the ability to address the ADHD, then that becomes primary"* (Tuckman, 2012). Most of the time, we treat both simultaneously, at least in therapy.

What Can I Do?

- Get professional help through your physician and/or psychologist.
- Get your ADHD treated. It may have fueled your depression. Potentially it could really turn things around in more ways than one.
- Take action, even if you are not motivated. Sometimes we can do things even if we don't really want to. When you are feeling just plain blah, tell yourself that 'this will make you feel better or at least take a chance that it might'.
- Don't let your negative self-talk loop kick in. Evaluate how you feel. Decide what your 'best' will look like for today.
- Life is not perfect. Appreciate the little things that help you get through the day.

Sources: Greenberger, D. and Padesky, C. (2016). *Mind over Mood*. The Guilford Press, New York, New York.

Tuckman, A. (2012). *More Attention, Less Deficit*. Specialty Press, Plantation, Florida.

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Will We Lose Our Holidays?

As COVID-19 cases are on the rise again in Canada, fears are as well. At this point, most of us are sadly accustomed to the risks associated with this pandemic. But this fear is different. It's the sense that the end is nowhere in sight.

Subconsciously, many of us were okay with foregoing get-togethers and celebrations like Canada Day and Thanksgiving. But we were holding out hope that the hard work would pay off, and we could have a relatively normal Christmas. Unfortunately, cases spiked again since Thanksgiving weekend, and many are pointing to that holiday as the start of this newest upward trend in cases.

Whether this correlation is the cause is unclear, but it has generated enough concern for experts to advise scaling-back plans for the upcoming holidays. Much like they did before Thanksgiving, authorities are advising against family get-togethers and hoping people comply. Many will, and many will not.

But for each of us, there's a decision to be made. And often, it's a complex one.

Many of us have elderly family members with underlying health conditions. Some of them are in assisted living facilities and nursing homes, which have been hit hard by the pandemic. We may have no option to visit them since it would endanger the entire community.

Family members who are still independent but are high-risk are the question mark. The obvious answer may be to avoid them, but how does one celebrate with the rest of the family knowing that their older loved ones are alone? They may be missing their last opportunity to be with everyone in their lifetime. These are complex issues.

When people either don't care or think that things are futile, they throw caution to the wind and behave irresponsibly. The people who contributed to the spread of the virus during Thanksgiving will hopefully change their behavior, but those who suffered no consequences (that they know of) will likely keep doing the same thing.

But instead of feeling defeated and throwing in the towel, it is still possible to salvage some semblance of the holidays.

For those looking for responsible ways to make this work, we must first face the facts.

There is no way to all be under the same roof, eating a holiday meal safely. It just is not going to happen. We cannot eat without masks or maintaining the six-foot required distance for safety. So, we must get creative.

Video conference technology is an excellent option for many people in this dilemma. Sure, the setup might be tricky, and it's not the same as being together for real. But from the safety of everyone's own home, you can all be present on the same call at the same time. This may take some effort to set up, but you might be surprised. It could just feel normal for a little while.

This is not the only possible solution, but an example of focusing on what we can do instead of what we can't.

Contributed by Marcel Gemme

Marcel has dedicated his life to helping others find help. He focuses his attention on helping individuals find long-term Senior Care. He does this through his journalism, community outreach, and his website, ECDOL.org. Excellent Care, Decency, and Optimal Living are what he aims to bring to individuals looking for care options for themselves or their aging loved ones.

NOW MORE THAN EVER, WE ALL NEED TO GET IMMUNIZED AGAINST INFLUENZA

WE ARE ALL IN THIS TOGETHER.

Influenza immunization will protect you and your loved ones, as well as vulnerable seniors, children and those with chronic health conditions. By keeping the number of influenza cases and outbreaks low, we can also do our part to help health care workers focus on the COVID-19 response.

IMMUNIZATION OPTIONS HAVE CHANGED.

The easiest way for most Albertans to get a flu shot is to call a local pharmacy or doctor's office.

AHS clinics are offering influenza immunization to those under five years of age and their immediate families or household members, only. Appointments are required.

To learn more, including if you are eligible for an AHS appointment, visit ahs.ca/influenza

Have questions? Call 811



Alberta Health
Services

CLASSIFIEDS

Email highcountrynews@telus.net or mail to Box 476, Bragg Creek, AB, T0L 0K0
your ads (typed, please) by the 15th of the month OR visit highcountrynews.ca

ANNOUNCEMENTS

TAKE NOTICE that litigation has been commenced against Fiona Afeku, an individual last known to be residing in Millarville, Alberta, in the Court of Queen's Bench of Alberta, Court File No. 2001-10113. In accordance with a filed Order for Substitutional Service, Ms. Afeku is asked to contact Preet Saini, at McMillan LLP, at (403) 531-4716 or preet.saini@mcmillan.ca if she wishes to obtain a copy of the Statement of Claim in the referenced litigation. Steps will be taken against Ms. Afeku if she fails to defend the litigation.

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VITALIDERM MEDICAL AESTHETICS. New location: 111-109 Southbank Blvd. Dermalinfusion, Microneedling, Dermaplaning and Facials. First treatment discounts & great package deals available. 403.819.1985

IMMACULATE ADVANTAGE CLEANING SERVICES. We are pleased to announce that for the month of February we are offering 1 free clean to any new clients who become a regular reoccurring client (conditions apply). Call 403-618-2605 (Turner Valley) for details.

THREE POINT CREEK ESTHETICS IN MILLARVILLE. Offering manicures, pedicures, facials and tinting in a quiet, serene home setting. Call or email Susan: 403.809.4698, threepointcreekesthetics@outlook.com

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Call Wanda at 403.238.1191.

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SNOWTECHNICIANS WANTED

3 plus hour shifts for snow removal routes throughout Cochrane and the foothills including Bragg Creek and Calgary. Must have a valid drivers license. Equipment operator experience an asset but not required. Send resume to info@exteriormaintenance.ca

FOR SALE

FIREWOOD, Pine & Spruce mix, good dry wood. Will deliver, Call Tim at 403.333.8462.

Premium grassy (and other mixes) horse hay for sale. Bragg Creek/Priddis/Millarville area. \$8/bale. Call 403.931.2457 or 403.651.5852

WANTED

I pay cash for your unwanted guns, in any condition. Will pickup or you can drop off. Also wanted: John Deere LA from the 40s or any parts for one. Call, text or email Al, awionzek6@sasktel.net, 306.641.4447

ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call Don 403.931.2457

PERSONAL

If you wish to connect with some local people who discuss what is happening in our world: We are gathering with neighbours in small groups to exchange thoughts and information. To contact, phone in evenings: 403.933.2829.

FOR SALE

4 - 235/45/18 snow tires mounted on 5 hole 18" rims. Approx. 40,000 kms. \$400.00 firm. Phone: 403.933.3366

FOR SALE

Nice green horse hay, 60lb square bales, timothy grass mix, no alfalfa, no rain, mold or dust, shedded. 403.931.4261. Happy to do small quantities. \$6. Millarville

36" TV toshiba & custom stand. Two Michelin tires, 205 65R 15. Will Consider Offers. Contact Ross Best, rossbest@telus.net, 403.933.3637/403.815.0562 403

Canon PC41 home photocopier, enlarges/reduces 141-70%, ltr/lgl sizes, no warm up, 19" w x 18" d x 12" h. Incl. rolling metal 2 dr storage cab, 26" w x 20" d x 24" h. Both very good cond, \$150. ALSO Twin size metal bed frame, box spring & mattress with white tubular semi-circle head frame. Comes w/white one drawer nite stand. Very good cond, clean, used once, \$190. 6' Aluminum step ladder with paint shelf, good condition. Delivery avail, asking \$65. 10" Craftsman Radial Arm Saw, good working condition, carbon tip blade, stand and rolling platform, \$85. Westwood Western Germany grandfather clock, inner works by Kieninger of Germany. Measures 82H x 19.5W x 14D inches. \$700. Delivery for items avail. Warren 403.949.3452

FOR RENT

4 Level Split with 3 bedrooms in Turner Valley, 1 den and 2 bathrooms. Large walk-in closet off Master Bedroom. Includes all appliances, washer, dryer, freezer. Internet and Satellite free until October 2021. Balcony off Living Room and deck off Rumpus Room. References required. \$1,450/mth. Contact Jane at 403.703.8053

CHURCHES

Meeting at Valley Neighbors Club Sunday mornings at 11am for worship, Bible investigation, and fellowship meal. Check out fbfellowship.ca for other gatherings and Bible studies.

FREE CLASSIFIEDS NOT ACCEPTED BY PHONE • COMMERCIAL/BUSINESS CLASSIFIEDS:
\$16 for a maximum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted
Information contained herein, while not guaranteed, is thought to be correct

Christmas Shopping at the Trading Post



Bring this completed crossword to the Trading Post and receive a FREE small craft kit!

Reindeer food available while supplies last!

Down:

1. fun fight
2. used with abalone shell
3. no cold feet in these
4. decorate your arm
5. walk quietly in these
7. so cosy and warm
11. nice to have after shower
12. trade in a t shirt for this
14. keep fingers warm



Across:

6. good snack
8. native hand knit
9. put down before plate
10. one for each hand
13. something to read
15. made with beads and seeds

KIDS ZONE

This month's Kids Zone generously sponsored by:

The Bragg Creek Trading Post

117 White Ave • 403.949.3737
Open daily 9am - 6pm



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